SHE'S CRAZY LIKE A FOX

VIVICA A. FOX SAYS HER HIDDEN-CAMERA SHOW, PRANK MY MOM, LETS HER CHANNEL HER COMIC SIDE PAGE 22

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Monday, November 5, 2012

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'STOP THE DEPORTATIONS'

Protesters march on Sunday outside the Royal York Hotel, the site of an event attended by Immigration Minister Jason Kenney. Organizer Deb Singh said the group was marching against deportation, "racist" federal policies and other immigration issues. Officers blocked traffic as the crowd shouted chants including, "No borders, no nations, stop the deportations." NATHAN DENETTE/THE CANADIAN PRESS

And they're off

Former Winnipeg mayor Glen Murray brings in some heavy hitters to back up his bid in the provincial Liberal leadership race PAGE 3

The jewel in Harper's crown?

The prime minister touches down for a six-day mission in India determined to triple trade with that country by 2015 PAGE 7

Wolves sent packing

The Raptors soar past the Minnesota Timberwolves for their first regular-season win PAGE 34

Diverting buses for mayor not our call, cops and TTC say

Football team pickup. Police say they didn't know fare-paying riders would be ordered off buses

The TTC and Toronto police are distancing themselves from the decision to kick passengers off two buses so they could be dispatched to pick up Mayor Rob Ford's high-school football team.

"At no time were TTC frontline personnel aware of why a shelter bus was required," said a TTC news release sent out on Sunday.

"Given the urgency of the police request, operations personnel at the TTC made the decision to utilize buses from nearby routes to meet the request as quickly as possible."

Officers were called to the field at Father Henry Carr Secondary School at 3:46 p.m. on Thursday after a fight between the school's coach and referees. An officer at the field requested a bus for Ford's players.

But Alok Mukherjee, chair of the Toronto Police Services Board, said the TTC could have denied the request.

"It is always their discretion, but they haven't generally ever said no," he said. "It's up to the TTC as to how they will respond."

He added that police didn't know that TTC passengers would be kicked off two buses to provide shelter for Ford's football team, the Don Bosco Eagles. TORSTAR NEWS SERVICE

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Canada Post

New hope in fight to save historic post office

Those worried about the sale of an historic post office on Yonge Street near Eglinton Avenue now have at least a glimmer of hope in the wake of a meeting with a senior Canada Post official.

After months of citizen protests over the fate of the building, Canada Post general manager Jeremy Cotton came to Toronto on Friday to meet with a small group of area residents and local MPP Mike Colle.

In an open letter, Thomas Cohen, the president of the Eglinton Park Residents' Association, said Canada Post clearly has no plans to keep the building. But Cohen suggested that, at the meeting, Canada Post seemed open to having the existing space remain in commercial use as a way of keeping it in the public domain.

TORSTAR NEWS SERVICE

Sandy relief

GTA hydro workers head to New York

More Ontario hydro workers headed to New York City Sunday to help with power restoration efforts in the wake of Superstorm Sandy.

They will join 145 other workers that Hydro One, the province's electricity corporation, first sent down south on Friday.

TORSTAR NEWS SERVICE

GTA hydro workers head to New York. CONTRIBUTED

Tearful goodbye to Cabbagetown murder victim

Rahwa Yemanie, left, and Messelesh Geberesilasie Simret, second from left, cry out during Sunday's funeral service for their cousin, Nighisti Semret, a Cabbagetown murder victim. A prayer service and visitation for Semret was held at St. Michael's Eritrean Orthodox Church on Jane Street.

TARA WALTON/TORSTAR NEWS SERVICE

Big names backing Murray's campaign

The next premier. Former Winnipeg mayor kicks off Liberal leadership bid with likes of Smitherman, Balsillie in his corner

Glen Murray TORSTAR NEWS SERVICE

Liberal leadership hopeful Glen Murray has launched his bid to be premier of Ontario with heavyweights from business and politics in his corner.

Research In Motion co-founder Jim Balsillie and former Liberal deputy premier George Smitherman were at Maple Leaf Gardens Sunday, along with about 100 supporters, to welcome the former Winnipeg mayor into the race.

There were no fellow caucus members visible in the crowd for the former training, colleges and universities minister, who resigned Friday, which is a requirement for cabinet members who want to run.

Murray's announcement Sunday made him the first formal candidate in the race to succeed Premier Dalton McGuinty, who announced his resignation last month after proroguing the legislature.

But Kathleen Wynne, who quit as minister of municipal affairs and housing and aboriginal affairs on Friday, is expected to jump into the campaign Monday at a scheduled announcement.

Since his election in 2010, Murray has been seen as camera-hungry by some and polished by others.

The 55-year-old, who is openly gay, said his experience as a mayor and in cabinet makes him ready for the job. "I have new ideas to renew our vision. Ideas that will work so we can continue to keep Ontario great," Murray said. TORSTAR NEWS SERVICE

Beat to the punch

Glen Murray said he wasn't trying to upstage Kathleen Wynne, who is expected to jump into the campaign Monday, by holding his announcement the day before hers. He said his, which included platform materials and printed displays, had been in the works for weeks.

- Not having MPPs back him yet isn't a concern, he said. "The vast majority are undecided ... I'm not pressing them for support right now, they should take their time," he said.

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Autism and bullying

York U prof gets $2M to research mental health

A York University professor will get $2 million to spend studying the lopsided rates of mental health problems among children and adults with autism, including the effects of bullying.

Jonathan Weiss, an assistant professor in York's department of psychology, has been awarded the new five-year position, funded through the Canadian Institutes of Health Research.

In 2011, he co-authored a study that surveyed parents of 192 autistic children; 77 per cent of the parents reported their child had been bullied within the past month. TORSTAR NEWS SERVICE

Jonathan Weiss SUPPLIED

More students

School board enrolment on rise after 10-year lull

For the first time in a decade, enrolment at Toronto's public school board is on the rise with a jump of 2,514 students over last year.

"It comes and goes in waves, and from 1988 to 2002 the board was growing, and from 2002 to 2011 it was declining, and now we're hitting the next wave," said Trustee Chris Glover, who represents Ward 2, Etobicoke Centre.

"In this wave, it is the baby boomers' grandkids who are entering the system now, and it will continue."

At the end of September, the board had the equivalent of 246,356 full-time students — 162,562 in elementary and 83,794 in secondary.

Over the past decade, the board has lost about 20,000 students.

Daryl Sage, the board's director of strategy and planning, said the move from half-day to full-day kindergarten, as well as birth rates, is the reason for the good-news numbers. TORSTAR NEWS SERVICE

Councillors want probe of promoter

Markham arena. City accused of not doing enough due diligence on man driving project

Two Markham councillors want the city to take a much harder look at the promoter of the city's plan for a NHL-size arena, despite the mayor's strong support of him.

Councillors Jim Jones and Don Hamilton have confirmed they will ask council within the next two weeks to probe the background of Graeme Roustan, president of GTA Centre LP, the proposed builders and operators of a $325-million arena near Highway 407 and Kennedy Road.

"We're making a phenomenal financial commitment so it's imperative that we understand who we are dealing with. I don't see evidence of any proper due diligence in the project reports so far," said Jones.

But Mayor Frank Scarpitti said he has told councillors the city hasn't found any concerns about Roustan after checking his personal credit history.

Roustan was chairman of Bauer Performance Sports for about 18 months until he resigned recently to focus on the arena. Roustan and Remington Group under developer Rudy Bratty are the two private partners working with the city on the project. TORSTAR NEWS SERVICE

Quoted

"I never liked the fact that he was a big name-dropper and didn't show us a lot of details about his business success."

Coun. Jim Jones

The project

- Under the project's proposed financial framework, the city would borrow $325 million and private partners would pay back half of the amount over 20 years.
- Council overwhelmingly voted for the funding arrangement in April but that support has eroded in the last two months amid rising public opposition.

Canines take over High Tea at Fairmont Royal York

Jennifer Petersen, holding Loki, a Chinese Crested, heads to her waiting position as the fashion show is about to start. Winter Woofstock is coming but before the Nov. 17-18 event at the Direct Energy Centre, a High Tea at The Fairmont Royal York was held for more than 80 dogs and their owners. The lunch-time event featured a Santa (for Christmas photos) as well as a fashion show with dog treats at each table to keep the canine contingent occupied while waiting their turn on the runway. RICK MADONIK/TORSTAR NEWS SERVICE

PAWS. Elephants stuck at Toronto Zoo

Giorgio Mammoliti says it could be the "worst decision" this current Toronto city council has made.

The councillor, an executive committee member, is referring to last year's 31-4 council vote ordering the Toronto Zoo's three remaining elephants to be sent to the PAWS sanctuary in California.

Given that the one-year anniversary of the Oct. 25 decision came and went last week, Mammoliti says he now wants the subject revisited at the next meeting of the executive committee in November.

At the centre of the debate are three issues: a drawn-out due diligence review the Toronto Zoo is still doing on PAWS, reports of tuberculosis at the sanctuary, and a rarely discussed "opt out" clause in the contract between the zoo and sanctuary. TORSTAR NEWS SERVICE

Three Toronto elephants remain at the zoo awaiting a decision. RENE JOHNSTON/TORSTAR NEWS SERVICE

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- North York Sheridan Mall
- Sheppard Centre
- Yorkgate Mall

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- Hampshire Gate at Dundas
- Oakville Place

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Organizers become Beliebers at Grey Cup halftime performance

Through the years. Nickelback, Shania Twain and Black Eyed Peas have all graced the halftime stage

The Grey Cup's halftime show began inauspiciously in 1991 with a headline performance by Luba, who was best known for the power ballad Everytime I See Your Picture, released almost a decade earlier.

Since then the show has run the gamut from Can-con nostalgia (Hey Trooper, can you play Raise a Little Hell — again?), to song-of-the-summer bandwagon jumping (Alright Eskimo fans, are you ready for My Humps?) and occasionally even hitching up to a bona fide Canadian superstar.

This year organizers have found a way to do all of that in one show with a sporadic mix of genres and generations led by teen pop sensation Justin Bieber and Canadian folk icon Gordon Lightfoot, while also including Call Me Maybe singer Carly Rae Jepsen.

For the 100th Grey Cup, organizers wanted to increase the scale of the halftime show by including multiple performers. They also wanted to showcase acts that could "tell the story" of the Grey Cup's centenary, said Doug Allison, the CFL's vice-president of business operations.

"We wanted to honour our traditions while at the same time look forward to the next 100 years."

Hence the 55-year age gap between Lightfoot and Bieber.

Allison said the budget always factors into their decisions for who to target for the halftime show, but performer's schedules are usually the bigger stumbling block.

With Bieber on the bill this year it's really the first time since Shania Twain performed in 2002 that the CFL has been able to attract a homegrown international superstar. Ten years before Shania it was Celine Dion.

TORSTAR NEWS SERVICE

Teen heart-throb Justin Bieber, seen here greeting fans during the 2012 Much Music Video Awards in Toronto in June, will be one of the performers for the halftime show of the 100th Grey Cup. Singer-songwriter Gordon Lightfoot, pop-rock group Marianas Trench and pop star Carly Rae Jepsen also will perform at the halftime of the Canadian Football League's championship game Nov. 25 at Rogers Centre, the CFL announced. CHRIS YOUNG/THE CANADIAN PRESS FILE

Halftime show

Grey Cup performers through the years:

1991: Luba
1992: Celine Dion, Dan Hill
1993: Miss Molly
1994: Tom Cochrane
1995: Jack Semple
1996: The Nylons
1997: Trooper
1998: Love Inc.
1999: Parablegics
2000: The Guess Who
2001: Sass Jordan, Michel Pagliaro
2002: Shania Twain
2003: Bryan Adams , Sam Roberts
2004: The Tragically Hip
2005: The Black Eyed Peas
2006: Nelly Furtado feat. Saukrates
2007: Lenny Kravitz
2008: Theory of a Deadman, Suzie McNeil, and Andrée Watters
2009: Blue Rodeo
2010: Bachman & Turner
2011: Nickelback

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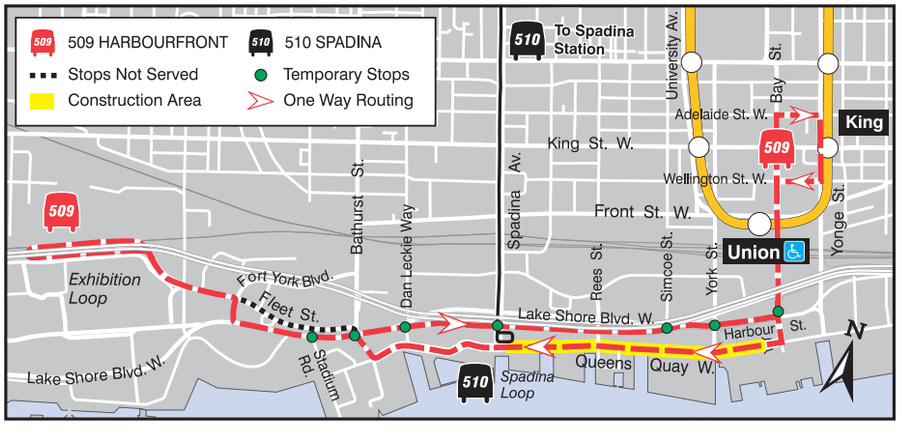
- **Westbound 509 replacement buses** run via Yonge Street, Wellington Street, Bay Street, Queens Quay (serving all westbound stops), Bathurst Street, Lake Shore Boulevard, Fort York Boulevard and Fleet Street to Exhibition Loop.



The **510 SPADINA** bus service will continue to operate between Queens Quay & Spadina Loop and Spadina Station bus platform.

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Harper arrives in India to kick off six-day trip

Trade and investment focus. Currently trade sits at a modest $5.2 billion annually, and both countries hope to triple that by 2015

Hours before Stephen Harper's plane set down in India, he was already signalling his embrace of one of the world's most formidable economies — with a bite of a samosa.

On the way to Agra, where he eventually arrived on Sunday evening, Harper tucked into a platter of the savoury Indian pastry with three of his Indo-Canadian MPs.

"I'm a spicy food eater," Harper conceded to reporters who had been invited to his private cabin on the government plane.

Prime Minister Harper and wife Laureen arrive in Agra, India, Sunday. THE CANADIAN PRESS

"I like everything, I love Indian food, I don't eat it that often, but I love Indian food.''

Harper's unusually long six-day trip will be heavily focused on encouraging trade and investment, but will also touch on the personal ties between the two countries. Several reporters from Indo-Canadian media outlets have come along for Harper's trip. He is set to visit Chandigarh in the Punjab region.

The first stop on Monday will be the Taj Mahal, the elaborate 17th century marble tomb.

Later, Harper is to participate in a business forum in the capital, New Delhi.

Stewart Beck, Canada's high commissioner to India said there are four main areas for trade growth: food security, educational services, oil and gas, and infrastructure support.

But major agreements are not likely to be announced during Harper's trip.

A foreign investment and a trade deal are both still in negotiations, and the two nations have yet to agree on the strings attached to Canada selling India uranium under a two-year-old nuclear deal.

THE CANADIAN PRESS

47 couples tie knot in mass marriage

An Indian Muslim bride looks aside during a mass marriage for 47 couples in Ahmadabad, India, on Sunday. Mass marriages are organized by social organizations primarily to help families who cannot afford the high ceremony costs, as well as the elaborate dowry that is often customary. AJIT SOLANKI/THE ASSOCIATED PRESS

Coronavirus

Another infected in Saudi Arabia

Saudi Arabia has reported a third person infected with the new coronavirus that emerged this year. The latest victim is in Riyad. THE CANADIAN PRESS

16 killed including kids

U.S. soldier faces atrocity charges

The American soldier accused of carrying out one of the worst atrocities of the Iraq and Afghanistan wars appears in court Monday. THE ASSOCIATED PRESS

Election in 2014

South African politics heats up

South Africa's deputy president is being urged to challenge President Jacob Zuma for the leadership of the ruling ANC. THE ASSOCIATED PRESS

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Obama and Romney blitz swing states ahead of Election Day

Final push. Obama leading by a slight margin in key states after more than 27 million Americans voted in advance of Tuesday's election

U.S. President Barack Obama and Republican rival Mitt Romney engaged in a frenzied cross-country blitz of the remaining toss-up states Sunday, with both sides predicting victory in a race that remains too close to call just two days before Election Day.

National opinion polls showed a race for the popular vote in Tuesday's election to be so close that only a statistically insignificant point or two separated the two rivals.

But the majority of polls in the battleground states — especially in the Midwestern states of Iowa, Wisconsin and Ohio — showed Obama with a slight advantage, giving him an easier path to the 270 electoral votes needed for victory. No Republican has won the White House without carrying Ohio.

Making his closing case to voters Sunday in Des Moines, Iowa, Romney pledged, if elected, to work with Democrats to restore the American dream and bring the economy roaring back to life.

"We're Americans. We can do anything," Romney said. "The only thing that stands between us and some of the best years we can imagine is a lack of leadership — and that's why we have elections."

Obama, too, said he is willing to work across party lines to break Washington's gridlock, but assured some 14,000 supporters who gathered in Concord, N.H., that he would not compromise key Democratic priorities such as health care and college financial aid.

"I know I look a little bit older, but I've got a lot of fight left in me," Obama said. "We have come too far to turn back now. We have come too far to let our hearts grow faint. It's time to keep pushing forward."

The final national NBC/Wall Street Journal Poll, conducted from Thursday to Saturday, showed Obama getting the support of 48 per cent of likely voters, while Romney received 47 per cent.

THE ASSOCIATED PRESS

Battleground states

Under the U.S. system, the winner is not determined by the nationwide popular vote, but by state-by-state contests, making "battleground" states extremely important in such a tight race.

- **Deja vu?** That raises the possibility of a replay of the 2000 election when Republican George W. Bush won the presidency with an electoral vote majority, while Democrat Al Gore had a narrow lead in the nationwide popular vote.

U.S. President Barack Obama, above, stops for a campaign rally in Concord, N.H., Sunday, while his Republican opponent, Mitt Romney, greets supporters as he campaigns in Des Moines, Iowa.

ABOVE: CHIP SOMODEVILLA/GETTY IMAGES, BELOW: CHARLES DHARAPAK/THE ASSOCIATED PRESS

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Pittsburgh zoo

Young boy mauled by wild dogs at zoo

A young boy visiting the Pittsburgh zoo with his mother and friends was killed Sunday when he fell about 14 feet off a deck into an exhibit that's home to a pack of African painted dogs, who pounced on the boy and mauled him, zoo officials said. It's not clear whether he died from the fall or the attack, said Tracy Gray of the Pittsburgh Zoo & PPG Aquarium.

When the boy fell, other visitors immediately told staff members, who responded along with Pittsburgh police. Zookeepers called the dogs off.

THE ASSOCIATED PRESS

1.6 million affected

Haitians appeal for aid after Sandy

The Haitian government is calling on other countries and international organizations to provide emergency humanitarian aid after Hurricane Sandy caused major damage to the impoverished nation.

Officials say that as many as 54 people died. The United Nations said that 1.6 million people were affected.

THE ASSOCIATED PRESS

Aftermath. Sandy victims pray for relief, electricity

Storm victims went to church Sunday to pray for relief and give thanks for their deliverance as cold weather settling in across the New York metropolitan area compounded the misery for people already struggling with severe gasoline shortages and power outages.

Hundreds of parishioners in parkas, scarves and boots packed the pews and stood in the aisles for Mass at a chilly Church of St. Rose in flood-ravaged Belmar, N.J. Firefighters and police officers sat in the front rows and drew applause.

With about 700,000 homes and businesses in New York City, its northern suburbs and Long Island still without electricity six days after the storm, New York Gov. Andrew Cuomo warned that many homes are becoming uninhabitable and that tens of thousands of people are going to need other places to stay.

More than 900,000 homes and businesses in New Jersey were still without electricity.

Damage has been estimated at $50 billion US, making Sandy the second-most expensive storm in U.S. history, behind Hurricane Katrina in 2005. THE ASSOCIATED PRESS

Having faith

"There's more happiness in life than there is the opposite. And it will be back."

Roman Catholic Bishop David O'Connell

Felice Vazquez, 40, of Hoboken, N.J., greets a neighbour Sunday as she mans a table providing hot drinks and snacks on Washington Street, while the buildings around them remain without power due to damage caused by Superstorm Sandy.

JOHN MINCHILLO/THE ASSOCIATED PRESS

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Ottawa student escapes bomb blast in Syria

JOE LOFARO
Metro in Ottawa

Yaman Marwah holds his camera as he speaks with a member of the Free Syrian Army on Oct. 26 as they head to Taftanaz, Syria. PHOTO COURTESY OF FARIS AL SHAWAF

In the span of 10 days, Carleton University student Yaman Marwah went from sipping a coffee from a Second Cup in downtown Ottawa to escaping a barrage of deadly bomb blasts in Binnish, Syria.

The 18-year-old law and economics student met with Metro on Oct. 23, the day before his trip to his home country with his friend Faris Al Shawaf, and said he wanted to document his humanitarian aid efforts with his camera on the front lines and show the footage to the outside world.

"There's a lot of people who don't believe what's happening," said Marwah at the time, alluding to conflicting reports from Syrian media and other news sources. "I have 5,000 (friends) on Facebook. Once I publish things from my own camera, my own lens, those 5,000 people will believe that this is actually happening in Syria."

"So once you hear it from a person you know personally, that's totally different."

Since arriving in Syria on Oct. 26, Marwah has been sharing photos on Facebook.

The most arresting photo is the one he took after what happened to him on Saturday morning. In a Skype interview with Metro from Antakia, Turkey, Marwah explained how it will be a day he will never forget.

He said he was sitting in an Internet café looking at his photographs on a computer when he heard the roar of a plane nearby.

"When we went to the door toward the noise of the bombs, we were automatically — just by the force of the bomb — we were thrown away at least a metre back," said Marwah.

He said the blast was about 200 metres from where he was and he suffered a minor leg injury. Binnish was hammered by more rocket blasts, he said, which left about 15 dead and 50 injured.

Reuters reported Saturday's attack in Binnish came from government fighter jets.

Online

Go to metronews.ca to see Marwah's photos.

New Coptic pope in Egypt

Acting Coptic Pope Pachomios displays the name of 60-year-old Bishop Tawadros, soon to be Pope Tawadros II, during the papal election ceremony at the Coptic Cathedral in Cairo on Sunday.

NASSER NASSER/THE ASSOCIATED PRESS

Access to information

MP takes aim at CBC requests

St. Albert MP Brent Rathgeber couldn't disclose all of the details of his private member's bill Sunday because it won't go to the House of Commons until Monday afternoon.

He said generally he is trying to correct a problem with how the CBC has used an exemption for the journalistic and creative activities in dealing with access to information requests.

RYAN TUMILTY/METRO IN EDMONTON

Polygamous community

Bountiful, B.C., school closes

A school in Bountiful, B.C., with links to jailed polygamist leader Warren Jeffs has abruptly closed its doors, with most of its students now relying on homeschooling in a community that has long been accused of using classrooms to indoctrinate children rather than educate them. Bountiful Elementary-Secondary School shut down without explanation in September.

THE CANADIAN PRESS

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Israeli land. Palestinian president suggests going home may be a lost cause

The Palestinian president has set off a strident debate by shattering a once-inviolable taboo, publicly suggesting his people would have to relinquish claims to ancestral homes in Israel.

Mahmoud Abbas' comments on the refugee issue, made in an interview on Israeli TV over the weekend, triggered hot responses from Palestinians and Israelis alike.

In Israel, it suddenly put the long-sidelined issue of peace talks back in the Israeli public's consciousness ahead of parliamentary elections.

Palestinians have maintained for six decades that Arabs forced from their homes during Israel's creation, as well as their descendants, have the right to reclaim their former property.

Israel says a mass return of what could be five million people would spell its end as the Jewish state. Also, Israel rejects the concept of a "right of return."

In the interview, Abbas was asked about his birthplace of Safed — now a town in northern Israel. He told the interviewer that while he would like to visit, he doesn't claim the right to live there.

President Mahmoud Abbas
THE ASSOCIATED PRESS

"I am a refugee, but I am living in Ramallah (in the West Bank). I believe that the West Bank and Gaza is Palestine. And the other parts is Israel," Abbas said in English. "I want to see Safed. It is my right to see it, but not to live there," he said.

The comments were widely seen as an acknowledgment that return of all the refugees would be impossible.

Israeli Prime Minister Benjamin Netanyahu wasn't impressed, noting that Abbas subsequently backtracked. "No one can forfeit the right of return," Abbas told Egypt's Al-Hayyat TV on Saturday. THE ASSOCIATED PRESS

Foul-weather friends

Chinese paramilitary policemen march past a line of vehicles trapped by heavy snow on an expressway in Yanqing county, near Beijing, on Sunday. THE ASSOCIATED PRESS

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One of the ways insurance companies try to keep customers around is by offering perks to loyal customers. Loyalty discounts are usually the main perk, but others may include reduced deductibles. Often insurance customers believe that by looking for a new insurance policy they will wind up paying more since they'll have to forfeit any loyalty discounts and perks they have earned. In many cases, however, a lower rate with another insurance company could save you money because the rate difference offsets any earned loyalty rewards from your current company. There is no risk to taking some time to shop around and get insurance quotes. And your current insurer will not know that you are looking, unless you tell them. Car insurance quotes come without obligation, so you can compare rates whenever you like. This will give you a better idea of how your current rate stacks up in comparison with what is available at another company.

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Endangered pay phones prove their worth in emergencies

Telecom. While Sandy shows how valuable archaic technology can be, up to 25% of booths in Ontario and Quebec are threatened

People wait to use a pay phone on Bright Beach Avenue on Oct. 31 in the Brooklyn borough of New York, after Superstorm Sandy knocked out cellphone reception. Despite their value during emergencies, pay phones may be cut even further in Ontario and Quebec if the CRTC doesn't approve price increases. JOHN MINCHILLO/THE ASSOCIATED PRESS

The events of Superstorm Sandy are raising questions about the importance of pay phones in emergencies, even as two of Canada's largest telecom companies say they will tear out some public telephones unless they are allowed to sharply raise prices.

New Yorkers were forced to turn to their neighbourhood's coin-operated phones last week as flood waters knocked out power and cellphone reception in areas ravaged by Sandy, the massive storm that swept across the Eastern Seaboard.

But a push from Bell Canada and Bell Aliant Inc. could make it harder to find those pay phones in Canada during emergencies.

Earlier this year, both companies made applications to the Canadian Radio-television and Telecommunications Commission for rate hikes that could double the price of a pay phone call.

Under the submission, they are asked for the ability to boost the price of a local call to as much as $1 each, compared to the current price of 50 cents.

Then in September the two telecom companies added extra pressure to their request by saying that without a rate increase, they would be forced to get rid of their least profitable pay phones.

That could mean that up to 25 per cent of their pay phones in Ontario and Quebec would disappear if the CRTC doesn't allow them to raise prices.

THE CANADIAN PRESS

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CITY WATCHDOGS SHOULD BE MAYOR'S BEST FRIENDS

URBAN COMPASS
Matt Elliott
toronto@metronews.ca

Remember the Rob Ford that got elected?

He rattled on endlessly about "respect for taxpayers." He promised to bring accountability, transparency and government responsibility to city hall.

Voters really liked *that* Rob Ford. They gave him a landslide mandate.

Which is why it's so baffling to see the mayor at odds with the accountability offices that could so easily contribute to that mandate. These watchdog offices — the ombudsman, the lobbyist registrar and the integrity commissioner — are designed to help make government more fair, ethical and responsive. They should be the frontline in Ford's quest to radically improve customer service and reduce bureaucratic waste.

But Ford, egged on by recent reports that have been somewhat critical of his administration, has recently mused about lumping the offices into the gravy category. He's suggested that the city could replace their collective budget and 20 staff with a single lawyer on retainer.

There's no reasonable justification for this. The need for accountability at city hall is only getting more demanding as the city grows.

Ombudsman Fiona Crean, despite recent press, has spent the vast majority of her investigative time on non-political matters, uncovering major weaknesses with the city's ability to effectively communicate with citizens or respond to things like TCHC fires or sewage backups. She's made numerous recommendations that have been unanimously endorsed.

The lobbyist registrar's office, too, are up to their eyeballs in new and important work. They've seen a massive increase in the number of corporate interests that seek to influence politicians on big ticket issues like casinos and plastic bags. Without them, the city would leave itself vulnerable to the same kind of toxic environment that led to the embarrassing computer leasing scandal a decade ago.

And the integrity commissioner, for all the bluster, is nothing more than a part-time position responsible for holding councillors to the code of conduct they themselves adopted. The code is pretty simple: be honest and don't insult the people who work for you or pay your salary. That shouldn't be too much to ask.

The suggestion that the accountability offices have an anti-Ford bias is based on no evidence. When they've criticized the mayor or his administration, it's been well-founded and fair. In virtually every case, the mayor has only found himself in the spotlight because he drags out the resolution and refuses to swallow his pride and admit a mistake.

That kind of pride is a dangerous thing for Rob Ford. It's seemingly turned what should be natural allies in his quest for a better and more responsive government into enemies, limiting his ability to succeed at city hall. The mayor ran on accountability and now, apparently, is at war with it.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

Mayor Rob Ford responds to questions in this file photo.
ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

This ride will go down in history

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS PHOTOS

Step on the gas!

Pre-1905 cars put on some clicks

Participant Paul Noon drives his 1902 Westfield car in central London, England, during the London to Brighton Veteran Car Run on Sunday.

More than 500 pre-1905 vehicles made their way on the historic 100-kilometre run from Hyde Park in London to coastal Brighton in southern England, in the world's longest-running motoring celebration spanning 116 years.

The run is not a race but an endurance event and the drivers are not competitors but participants, hence why there is no "first to Brighton" award.

All participants who complete the course receive a finisher's medal and certificate.

THE ASSOCIATED PRESS

The wheel deal

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All vehicles must be driven at an average speed of no more than 30 km/h and, in case of breakdowns, outside assistance is only permitted at designated locations.

A 1904 Aster car is backdropped by a double-decker bus during the run.

Social media fuels teddy bear drive

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

This holiday season, the Burlington community is sending some cuddly love all the way to Zimbabwe.

Each year, high school student Natalie D'Addario and a group of parishioners collect stuffed animals to spread some holiday cheer to those in need.

This year, D'Addario did something different. "I thought that I would try social media like Facebook and Twitter to try and get more stuffed animals (and those outside of the parish involved). I talked to my principal to make an announcement (at school) and talked to family and friends."

Well, it worked: D'Addario collected just over 100 stuffed animals.

Participating in this initiative has ignited a passion within her to help other charitable organizations in the future.

"I feel like I made a difference," she said.

By bringing the collection to those outside of her church, she was able to get even more stuffed animals so that "less fortunate children could get a Christmas present."

It looks like today's the day the teddy bears have their picnic . . . in Africa!

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner, Free The Children. Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees.

Email us for more information and to get involved. Help the good news get around.

Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

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Sally Field stars in Steven Spielberg's new film Lincoln as Mary Todd, the wife of the assassinated president. HANDOUT

What if Lincoln could send a text message?

Lincoln. Sally Field talks about getting to know co-star Daniel Day-Lewis through modern-day means

NED EHRBAR
Metro World News in Hollywood

Sally Field didn't have any rehearsal time for Lincoln, in which she plays Mary Todd Lincoln opposite fellow Oscar-winner Daniel Day-Lewis' Honest Abe. Luckily, the pair had another way to develop the rapport and sense of intimacy necessary to portray the long-married couple: text messaging. In character.

You and Daniel Day-Lewis would text each other, in character, before and during production?
I actually kept all the texts. I printed them up, I will keep them forever. They were breathtakingly wonderful and important to me because he kept doing it throughout the whole filming. He would write me after I'd done big scenes. It meant so much to me, and I will never reveal it. I will never reveal what they are. They are mine, they belong to me — a little like what Mary Todd felt about Mr. Lincoln. She burnt many of his letters. "He belongs to me." And that relationship belongs to me and I will never share it. But I will talk about the texts. It was so wonderful and so funny, a lot of it. And so concise. You know, we were texting, but as precisely Mr. Lincoln and precisely Mary Todd as we could manage. In the middle of last summer, he took to sending me limericks, and I would answer him by being critical. You know, "Is this the way you spend your time?" And criticize his lack of intelligence and his use of language (laughs).

It seems daunting to apply that manner of language to typing with your thumbs on a phone.
Yeah. It was really hard to do. It was helped by the fact that I was in the midst of research myself, so I was reading all these letters that were written of the feeling of the time. The way they used language was incredible. And also [screenwriter] Tony [Kushner]'s words were already being imprinted on my head, so I had some sense of the use of the language, and it was really a challenge much of the time to say what I wanted to say and not lose how it is that it should be said or it would be said at the time.

Have you ever done anything like that with a co-star before?
You know, I have never done a role that's this intense and emotional and connected to one human being and never have any rehearsal. We never had any rehearsal. So many of the scenes that you see between Mary and Mr. Lincoln are literally walk on set and do it. And do very few takes. But we had done so much work, he and I, and I think we both have enough miles in the saddle, and the bubble that was created for us by Steven [Spielberg] and by him to stay immersed in this world, it made it very interesting and very challenging — but in a good way — to work. The difficulty is owning the language. It's so difficult to say.

It must be nice being one of the few people in this film that doesn't have to worry about outlandish facial hair.
No, but I had to worry about other things, like gaining weight.

You look fantastic now.
I haven't eaten since (laughs).

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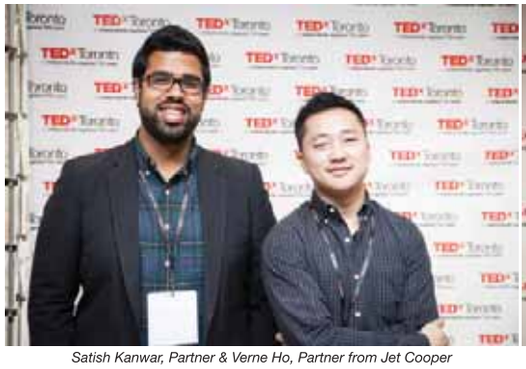

Satish Kanwar, Partner & Verne Ho, Partner from Jet Cooper

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(Left to Right) Chang Jung- Business Director, Ken Price- Marketing Director, Grace Lee- Marketing Specialist, Amir Gorgan- Product Manager, Samsung Mobile Communications

Top row photos courtesy of Parasol Photo. Bottom row photos courtesy of Chris Krikorian.

Watch the talks online at tedxtoronto.com

Photographer James Balog, left, and director Jeff Orlowski. HANDOUT

Frigid temperatures, blizzards no match for filmmaker

Chasing Ice. Jeff Orlowski details the difficulties in putting together a film meant to move people

REGAN
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You're in Greenland. It's freezing — actually, it's 40 degrees below freezing — and you're trying to sleep, but the sound of your own chattering teeth is keeping you awake.

It sounds like an episode of Man Vs. Wild, but this was just part of the job for Jeff Orlowski, director of Chasing Ice, which opens on Friday.

In 2007, Orlowski began documenting photographer James Balog's quest to provide visual evidence of the world's changing climate.

Orlowski followed Balog, founder of the Extreme Ice Survey (EIS), as he installed 27 time-lapse cameras throughout the Arctic in order to capture the rapid decline of the world's glaciers. The results were dramatic.

Originally, Chasing Ice wasn't meant to be a film about climate change. In fact, it wasn't meant to be a film at all.

"When I first met James and when he first got the project started, we weren't planning on making a film," says Orlowski. "We really just wanted to document [EIS] and have a record of the video footage, just in case."

At the very least, he says, the footage could have been used for marketing material.

A year and a half into the project, however, Orlowski realized he had the makings of a "really, really strong film."

But he didn't want to make yet another climate change documentary.

"We felt that doing a film about climate change, specifically, had been done before. What we had that was unique was James's story and that's really what we wanted to focus on."

"I look at James being the vehicle to tell the story of this bigger issue. You can use the Extreme Ice Survey as a means to talk about climate change in a way that's not directly about climate change. It's about this adventure that the team goes on."

And making the film certainly was an adventure.

Orlowski and the crew trekked through blizzards, worked in sub-zero temperatures and even had to make an emergency landing while filming in a helicopter.

"Those were the norms just to get this project done," he says. "There was no other way we could have done it."

Though the conditions were "miserable to work in," Orlowski says nothing was as challenging as editing the film.

"By far it's been the most difficult challenge of my entire life."

Orlowski spent two and a half years piecing together hundreds of hours of footage and the result is something he hopes will make a difference.

"I've always been aware of climate change as an issue and it was always a concern, but I wasn't a huge activist about it and I wasn't out there trying to make a big difference about the issue. And I feel like having spent so much time, so closely learning about climate change and learning about the concerns that we are facing, I care about this issue so much more now than I ever did before and I recognize the severity of it," he says.

"The planet is changing. It's going to continue to change and... as a society, we need to do something about this."

Quoted

"The planet is changing. It's going to continue to change and... as a society, we need to do something about this."

Jeff Orlowski, director of Chasing Ice

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FUN WITH FRIENDS

WHITEWATER SKI RESORT/DOUG LEPAGE PHOTO

Summer may be over, but the fun is just beginning in B.C. The province's 46 world-class Nordic and alpine areas are getting their first flakes of snow and are set to open.

"We often see groups of friends that get together to take skiing or snowboarding getaways," says David Lynn, president of the Canada West Ski Areas Association.

Groups of friends can rent shared suites with kitchens and hot tubs, and most resorts have nightlife, from modern nightclubs to cosy neighbourhood pubs.

Needless to say, there's also fantastic snow.

"There's no province that comes close to having the quality and diversity of skiing offered in B.C.," Lynn says, adding that B.C. resorts attract visitors from across Canada and beyond.

About a third of visits in B.C. are international destination skiers, he says — a testament to the quality of the terrain.

"B.C. is considered world class in terms of its total offering, alongside skiing in Colorado or the Alps," Lynn says.

The terrain really varies across the province, and across each resort, so there is something for everyone, from first-timers to advanced skiers or riders who like a challenge.

For those that want to venture off the beaten track, B.C. ski resorts offer more than 40 snowcat and heli-ski experiences.

"B.C.'s the heli-skiing and snowcat capital of the world," Lynn says. "The resorts have flexible packages where you can tie in one or two days into the mix, so you get a chance to try everything."

The three ski regions of B.C. each have their own personalities: The Coast Mountains; the Thompson Okanagan; and the Kootenay Rockies.

Many of the resorts are based in or near small mountain communities, giving visitors the opportunity to absorb some local flavour, Lynn says. Big White is especially kid-friendly, while Whistler has a plethora of relaxing spa options, and Fernie draws repeat visitors for its fun, retro personality, for example.

Thanks to the range of prices available, including ski-and-stay packages, a B.C. ski vacation is an affordable option to get away with friends this winter.

Learn more about the B.C. ski and snowboard experience at SkiItToBelieveIt.com.

AUTHENTIC B.C. SKI EXPERIENCE

Pure, simple and real ... DEEP. That's the Whitewater motto. This is a place for anyone who loves a fantastic ski experience. It's located along the "powder highway," which gets some of B.C.'s best snow. Just a 15-minute drive from Nelson; Whitewater gets an average of more than 12 metres of powder a season.

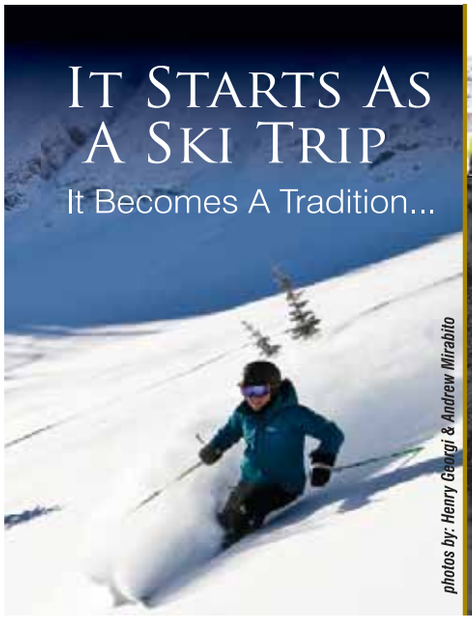
"This is the time of year when people start planning their ski weekend with friends," says Anne Pigeon, general manager of indoor operations and marketing at Whitewater. "It's one of the best gifts you can give someone — a weekend to remember."

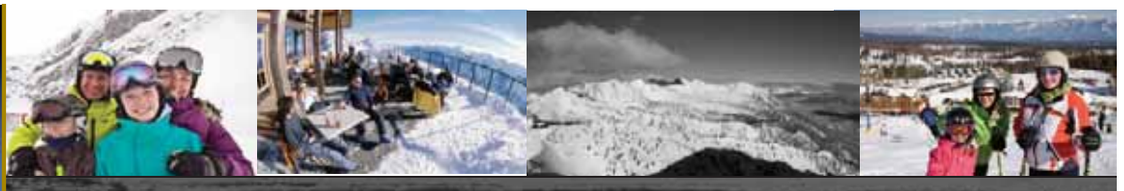
Whitewater has long been a cult skiing destination for those "in the know," but the new Glory Ridge chair, added in 2011, doubled the terrain and elevated the Whitewater experience to the next level. Now with three chairlifts, plus 13 cross-country ski trails and 10 trails for snowshoeing, Whitewater offers visitors a range of options for a multi-day ski holiday.

That's not to mention the snowcat and heli-ski tours available to take visitors off the beaten track in search of deep powder and steep slopes in the Selkirk Mountain range. At a base elevation of 1,626 metres, Whitewater is a prime jumping-off point for a variety of expert-led adventures.

When it's time to fuel up for the slopes, Whitewater's offerings are known for going beyond an overpriced, greasy burger. Fresh Tracks Café offers West Coast fare made with fresh, homemade ingredients.

For more, see skiwhitewater.com.





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A TRIP TO REMEMBER

Whistler Blackcomb has it all, from outstanding slopes with more than 200 trails, to the world-class restaurants, nightclubs and entertainment down in Whistler Village.

"Whistler Blackcomb definitely lives up to its reputation," says Stuart Rempel, Whistler Blackcomb's senior vice-president of sales and marketing. "It's an amazing resort with so much to do on the mountain and off — all of it first-rate."

Whether visitors are couples, families or friends, Whistler Blackcomb has something tailored to their interests, at all skill levels.

"We get first-time skiers here all the time," Rempel says. "Whistler Blackcomb has a fantastic snow school, so it's always rewarding for students of all ages."

For visitors looking to explore everything the mountains have to offer, Whistler Blackcomb has developed the Wonder Routes, a network of tours, trails, waypoints and stops that were created to help guests navigate the mountain and discover Whistler Blackcomb's most interesting and beautiful spaces. Each of the routes showcases something special about the mountains.

WHISTLER BLACKCOMB/JUSTA JESKOVA PHOTO

The Top of the World Route features views from Whistler Blackcomb's highest four peaks. The Powder Stashes Route guides guests through powder snow areas. And on the Steeps Sampler, visitors can ski some of the steepest runs on both mountains.

Back in the village, visitors can stay at the range of accommodations (many with hot tub included) and treat themselves to their choice of world class food and entertainment, from fresh oysters at Araxi Restaurant + Bar, to local beer and live music at a local pub.

Learn more about Whistler Blackcomb's Wonder Routes at whistlerblackcomb.com/wonder. Whistler Blackcomb officially opens for the season Nov. 22.

WEEKEND ESCAPE

For a weekend escape, nothing tops a ski adventure, says Matt Mosteller, vice-president of sales and marketing at Resorts of the Canadian Rockies.

"Being up here is an amazing experience to share with friends," he says. "We get groups of young people coming up here together, and they're always having a blast."

FERNIE ALPINE RESORT PHOTO

KICKING HORSE MOUNTAIN RESORT

Kicking Horse offers an integrated mountain resort experience with some of the most progressive in-bounds skiing in North America, including 121 runs, four alpine bowls and 85 inbound chutes, spread over 1,143 hectares of skiable terrain with 1,260 metres of vertical. The central plaza restaurants are the perfect venue for a post-slope meal. Or take a 15-minute gondola ride up to Canada's most elevated (and spectacular) eatery, at 2,346 metres: Eagle's Eye Restaurant.

KIMBERLEY ALPINE RESORT

With 68 runs spanning all skill levels, plus another 12 in the glades, 1,800 skiable acres and 751 metres of vertical, there's a lot to explore at this family-friendly resort. The resort's ski-in, ski-out accommodations give Kimberley a laid-back atmosphere. Kimberley also offers snowshoeing, cross-country skiing, dogsledding and is home to one of North America's longest illuminated runs.

FERNIE ALPINE RESORT

Last year, the resort celebrated 50 years of skiing and riding. Sitting above the historic mining town of Fernie, the resort, like the town, has a cool, laid-back vibe. Here, it's about powder and adventure. In 2011, Fernie Alpine Resort opened the Polar Peak chairlift, adding 1,082 vertical metres of terrain with more than 22 new runs. In town after a day of skiing, visit the town of Fernie and discover why Rolling Stone magazine once named it the "Coolest Town in North America."

For more, see skircr.com.

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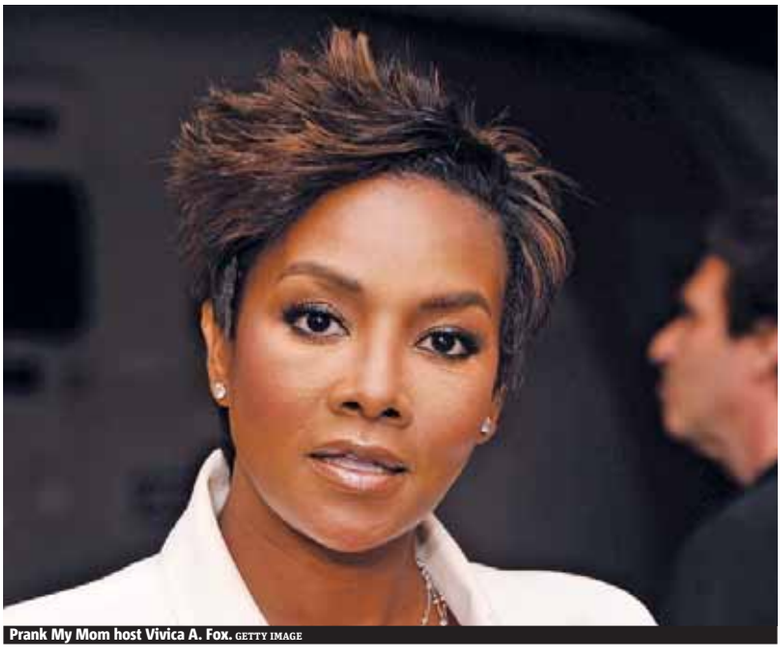


Prank My Mom host Vivica A. Fox. GETTY IMAGE

Out Fox-ing your mother has never been so much fun

Prank My Mom. New hidden-camera show hosted by Kill Bill actress aims to give serious parents a shock with hilarious results

ANNE BRODIE
scene@metronews.ca

Vivica A. Fox hosts Prank My Mom, a hidden-camera series that sets up unsuspecting moms for big surprises. Children announce they are pregnant, under arrest, have to retrieve a sex tape or posted mom's profile on a fictitious dating site and wait for her reaction. It's a ruse designed to bring her a little excitement. Metro talked to the host about the show and her hectic career.

Vivica, you're hysterical! Your attitude sweetens the emotional roller coaster that is Prank My Mom.
Absolutely! It's been a good fit for me, and surprising for a lot of people. They say, "I never knew you were really funny!" What? I've done a lot of comedies — like Booty Call and Curb Your Enthusiasm — but they forgot! And I've been punked by Tichina Arnold. I love Prank My Mom because moms are so serious, especially concerning their kids. These pranks can be pretty outrageous. The moms go wild. When it's revealed as a prank they are so relieved their kid doesn't have a sex tape and isn't a sex surrogate or going to jail, it's just "Whoo-hoo!" And then we talk it off with a dozen roses! One mom was hitting security officers with her purse and when it was over she said to her daughter, "I'd do anything for you," even though she'd broken the law and assaulted police. We haven't had any moms who've become upset with us.

What about hitting home, pranking your mom or being pranked?
As of right now, no, I don't know about my mom. I'll think about that one. We could get her at church. She's very proud and defensive of her church! The show Punk'd had been trying to get me for a very long time. I was at a photo shoot and my friend Tichina came to visit and pretended she was pregnant. I should have noticed when she came in full makeup, but I was busy with my shoot. Did she ever get me! Her water broke and the paramedics from hell showed up. I turned into a mama bear and stopped them from taking an uncompromising picture of her and told them to put up the cameras or I'd inflict bodily harm! When it was over I was sweating for a half hour to calm down. What! People were saying I'm always so red carpet ready but they learned you don't mess with me. That's the other side of Viv!

You're doing this show and have 11 films due out next year. Yikes.
I've been very blessed that my producer Lita Richardson strategized not to limit us. I host, produce, do theatre, film and TV and that has been the key. I'm also on another sitcom called Mr. Box Office. You have to control your career and the product for your audience. I find it to be so fulfilling and I'm proud of my hands-on part in it. Oh! Plus I have my own hair line for busy sexy women (vivicafoxhair.com). Yes I am busy.

How do you relax? Or do you?
Oh no, honey. Are you kidding me? I love working and I love what I do and I'm happy and blessed but I do know how to relax. I go to the spa and take my godson Christian to the mall and play with him. And, I spend a lot of time with my family. I've learned to take the time to smell the roses, to go play. I had to learn that after I built two homes and sold them!

PRANK MY MOM AIRS WEDNESDAYS ON LIFETIME CANADA.

A different direction to Drive

New Album. Alberta outfit's latest offering, Roll, is something that 'had to be done' according to lead singer Brad Mates

Emerson Drive says it's taking a different direction and pushing the edge with its new album Roll. The five-member band, originally from Grand Prairie, Alta., released its fifth album Oct. 30 and lead singer Brad Mates is curious to see if fans will get on board.

"Knowing that we have a few years under our belt now, the last thing that we wanted was just to go back in the studio and make another album that wasn't, I guess, fine-tuned," Mates said in an interview from Nashville.

"When I say that, it mostly has to do with the musical sound of what you're hearing now compared to stuff before. I think we're kind of pushing the edge musically when it comes to the sound of this album and I think you're hearing more of what we were kind of going after for certain songs over the last 10, 11 years."

"I really feel like this is probably the first album that we've done where I really feel like it's a full, complete Emerson Drive record. It's got different dynamics to it."

For starters, the band has written all but one of the 11 songs on Roll themselves. It's the most songs they've penned for an album.

The first single, She's My Kind of Crazy, quickly climbed country music charts. Mates joked that it was inspired by his wife. Mates, along with Emerson Drive guitarist and background vocalist Danick Dupelle, wrote the second single, Let it Roll, with Chris Thorsteinson and Dave Wasyliw of Winnipeg-based Doc Walker.

With lines like "Learning songs in the basement" and "A million miles out the window," Mates says Let it Roll is a reflection of the band's journey through the music business and, literally, life on the road.

Emerson Drive and Doc Walker have frequently gone head-to-head at the Canadian Country Music Association Awards. In 2007 for instance, Doc Walker won album of the year, while Emerson Drive took home trophies for single of the year for Moments and group of the year. But they'll hit the road together for a tour in 2013.

Mates said a collaboration just made sense because they've been friends for 16 years.

"Every time we see the Doc guys, it's a good friendship that's been built over the years," said Mates.

"I think we have a lot in common with how our bands started out, the steps that we took to get to where we're at today and I think there's a lot of respect between all of us when it comes to that."

Mates also said some of the other songs on Roll may be a little bit darker than in the past.

But Emerson Drive didn't want to play it safe and stick to what Mates said people think of as the "parameters" of country music. Roll is Emerson Drive, but with a little rock blended in.

"That was the goal to either have people go 'Wow, this is really great and it's different' or people go 'I don't know,'" said Mates.

"Either way you look at it, an artist has to go through that in their career where they make an album...trying to get 100 per cent of what represents the group. And a lot of times you either win big or it's just one of those albums that becomes kind of a dark horse in your career, but still has a spot that you look back on that's important.

"I feel like this is a record that had to be made and either way, if it wins or if it is just one of those that kind of stays back in the shadows, I think that again, it had to be done that way." THE CANADIAN PRESS

Quoted

"I think we've a lot in common with how our bands started out."

Emerson Drive singer Brad Mates
On the band's friendship with Doc Walker

Emerson Drive
THE CANADIAN PRESS/HO - KRISTIN BARLOWE

Telethon

Music and screen stars turn out for Sandy benefit gig

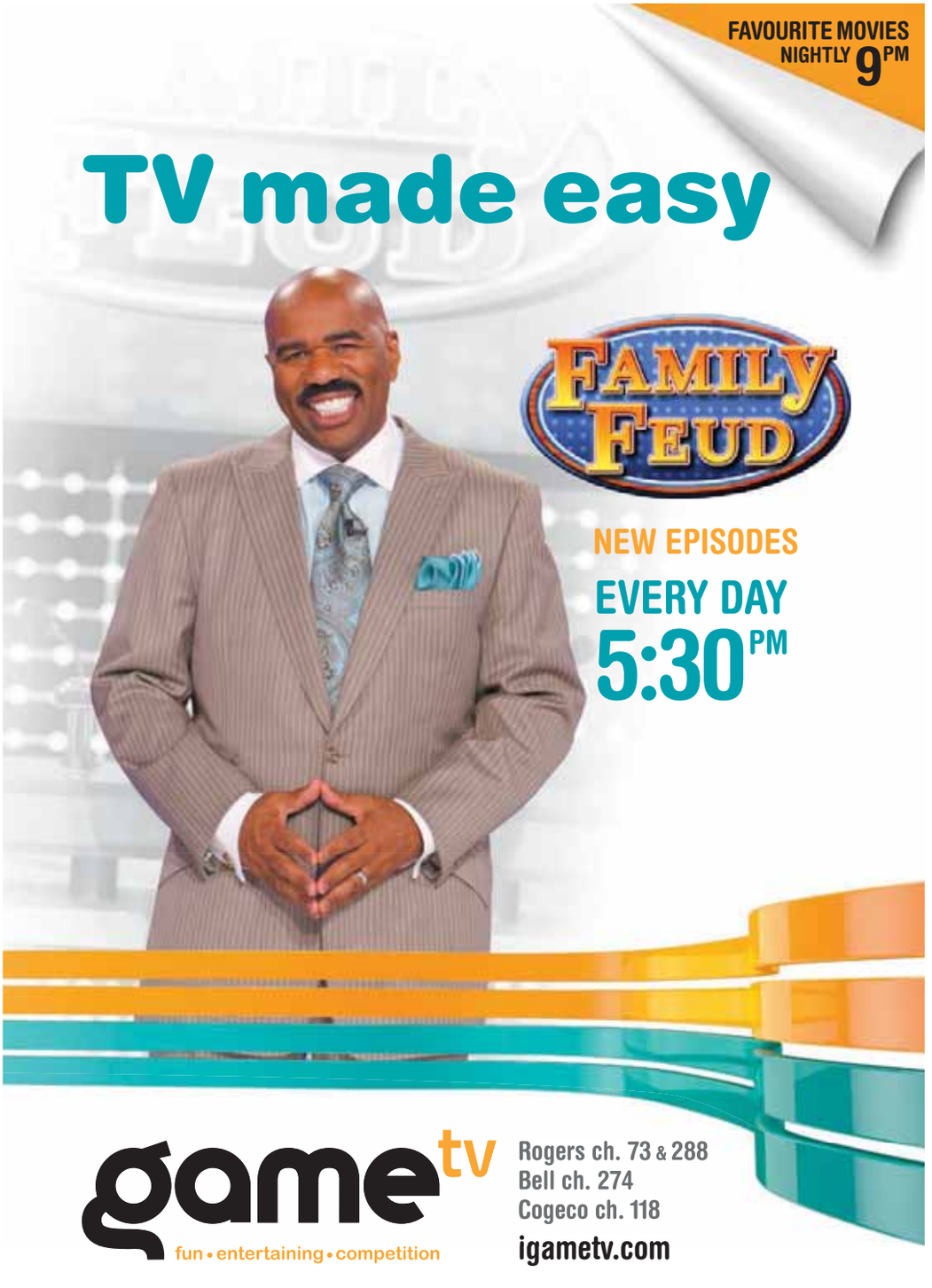
For the victims of Superstorm Sandy, it was a sorely needed message delivered.

From Livin' on a Prayer to The Living Proof, every song Friday at NBC's benefit concert became a message song. New Jersey's Jon Bon Jovi gave extra meaning to Who Says You Can't Go Home. Billy Joel worked in a reference to Staten Island, the decimated New York City borough.

The hour-long event, hosted by Matt Lauer, was heavy on stars and lyrics identified with New Jersey and the New York metropolitan area, which took the brunt of this week's deadly storm. The telethon was a mix of music, storm footage and calls for donations from Jon Stewart, Tina Fey, Whoopi Goldberg and others. The show ended, as it only could, with Bruce Springsteen and the E Street Band, tearing into Land Of Hope and Dreams.

"God bless New York, God bless the Jersey shore," Springsteen, New Jersey's ageless native son, said in conclusion.
THE ASSOCIATED PRESS

Bon Jovi performs during Hurricane Sandy, Come Together. AP PHOTO



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Britney Spears. ALL PHOTOS GETTY IMAGES

Lawsuit against Spears' family thrown out of court

Britney Spears has one less headache to worry about, as a judge has dismissed former manager Sam Lufti's case against the singer and her family, according to Hollyscoop.

Lufti's suit had claimed that Spears' mom defamed him in her book and her dad assaulted him and that Spears herself owed him nearly $1 million in unpaid wages because of a verbal agreement that he would manage her for a four-year period. Lufti is reportedly planning to appeal.

Lady Gaga.

Lady Gaga dismisses critics of her weight

While Lady Gaga has successfully shed the pounds she'd put on recently, she still thinks the attention the weight gain garnered was out of proportion.

"I thought, well I don't really care if they think I'm fat because, quite honestly, I did gain about 30 pounds," Gaga said.

"Adele is bigger than me. How come nobody says anything about it?"

The Word

DiCaprio casts off another model girlfriend

Leonardo DiCaprio has called it quits with yet another fashion model girlfriend, reportedly breaking up with Erin Heatherton after about 10 months of dating, according to Us Weekly.

"They split a few weeks ago. There's no bad blood, they still care about each other a lot," a source says.

"They're both just really busy. They had crazy schedules."

DiCaprio previously had long-term relationships with models Gisele Bundchen from 2001 to 2005 and Bar Refaeli from 2006 to 2011.

Amanda Bynes

Amanda Bynes threatens to sue over latest allegations

Amanda Bynes has been accused of engaging in a lot of unstable and unlawful behaviour this year. But apparently she draws the line at an In Touch magazine report that she paraded around a New York tanning salon completely naked, telling Celebuzz in a text message it wasn't true.

"That's not true, I'll sue."

The story claimed that Bynes emerged from a private tanning room completely naked and looking for a pair of goggles.

She "didn't seem to care that everyone saw her naked," a source says, adding that Bynes looked "painfully thin."

Twitter

@ralphmacchio
Lights just went on at Camp Macchio! Water is running!

@jimmykimmel
The SkyMall catalogue has gotten so commercialized

@prattprattpratt
Haiku of the day: Jack Daniel's Whiskey. Jack. I love you, Jack. I got your back, Mr. Jack. Forever my boy.

@SteveMartinToGo
I stand by my original apology.

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Healing owies

Magic bandage remover

It's funny, isn't it, the crying and anxiety that comes with the simple task of removing a tiny bandage from a child? I have found a solution, though, that might save your sanity — and your child's. Simply dip your finger in baby oil and rub it on top of the bandage. In just seconds, the oil will seep into the bandage and viola: No more stickiness! The bandage just slides off and the skin is left soothed by the oil. **CHARITY GASPER, YUMMYMUMMYCLUB.CA**

Remembrance Day

Troop appreciation activities

1. Write to the troops: Any Canadian Forces Member
Op Attention Kabul
PO Box 5140 Stn Forces
Belleville ON K8N 5W6
2. Print out free Remembrance Day colouring pages.
3. Wear a poppy to school.
4. Read the poem In Flanders Field together.
5. Read Winnie-the-Pooh and talk about Winnie's history. (True story: Winnie-the-Pooh was inspired by Winnipeg the Bear — a Canadian born bear adopted by a Canadian solider who became his regiment's mascot.)

CAROLINE FERNANDEZ, YUMMYMUMMYCLUB.CA

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Five life lessons I have learned from my toddler

Wee ones. Two-year-olds actually have a lot of wisdom to impart

HAILEY EISEN
yummymummyclub.ca

Toddlers are incredible because, for the most part, they exist in a pure and natural state — untainted by society's expectations, standards and rules. They do what they want, when they want, until someone forces them to stop. They speak their minds and act without inhibition. Adults can learn a lot from them! Here's what mine has taught me.

Be persistent
If you want something badly enough, it's worth going after. Whether this means cajoling, bargaining, pleading or even stomping your feet. Even if someone is standing in the way of making your dream/goal/desire a reality, a healthy dose of conviction is sometimes all you need to break down that barrier. There's no talking my daughter out of something once she's made up her mind.

Be in the moment
If there's anyone who can teach us about mindfulness, it's a toddler. It's amazing to watch a kid play. It's as if nothing around them matters. They aren't worrying about how the week's weather forecast will interfere with their play dates or what to wear to the family dinner party. Kids live in the moment. They don't waste any time worrying about things in the future that they have no control over anyway.

Let your emotions flow
Have you ever watched a two-year-old process emotions? Mine can go from laughing hysterically, to crying, to sulking, to laughing in a matter of minutes. She expresses her emotions as she feels them, so she's never at risk of keeping them pent up. She doesn't know about holding a grudge and the longest she can stay angry with someone is five minutes.

Forget what others think
Do you ever wonder how you'd live your life if no one was watching? That's how my child lives every day. It may sound cliché, but it's totally liberating. I'm taking cues from her and quieting that inner voice that says, "What if they don't like me? What if they think I look fat?" As my daughter practices her plié sauté on a busy sidewalk wearing a tutu and a mismatched hat with chocolate smeared on her cheek, I have to ask myself: who cares? And the answer I'm going for is: not me!

There is a lot adults can learn from toddlers. ISTOCK

Love yourself
My daughter is happiest when positioned in front of the full-length mirror in our front foyer. She'll sing, dance, and have full conversations with herself. She's so happy with her own reflection that she never looks upon herself with criticism. This is what we all felt about ourselves when we were kids, before we started listening to the criticism of others. When was the last time you looked yourself in the mirror and felt nothing but love? When was the last time you celebrated your accomplishments? Take a lesson from this kid and start loving yourself more today!

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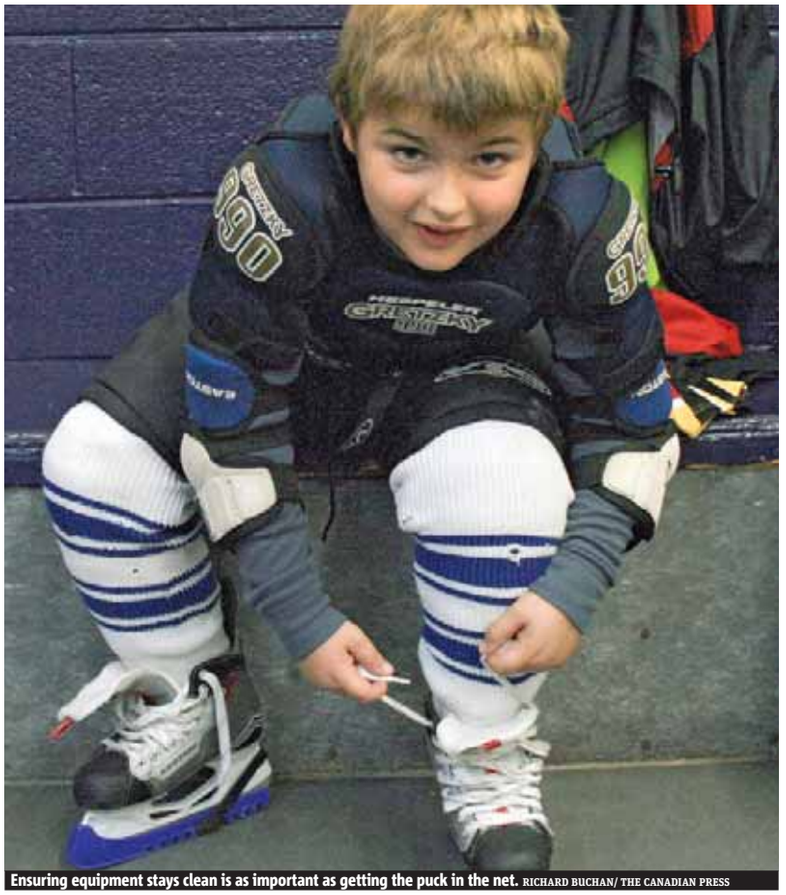

Ensuring equipment stays clean is as important as getting the puck in the net. RICHARD BUCHAN/ THE CANADIAN PRESS

Keep it clean — on and off of the ice

Hockey equipment. NHL'ers are sidelined, but many youngsters are lacing up. Keeping their gear clean goes beyond just staving off the stench

Long before Jonathan Toews struck gold with Team Canada or hoisted the Stanley Cup, the task of helping to clean and organize his hockey gear fell largely to his parents.

Bryan Toews fashioned a hockey tree from an old wooden coat rack, drilling in holes and sliding dowels through to hang the wide range of equipment that outfitted Jonathan, currently captain of the Chicago Blackhawks, and younger son David, who plays in the East Coast Hockey League.

His mother, Andree Gilbert, diligently washed the hockey gear for both sons by hand with detergent — but jerseys from championship victories destined to be framed were off-limits from laundering.

The hockey mom admits there's one part of the task that never got easier.

"You just can't get used to that smell!" Gilbert said with a laugh during a recent interview.

Toews's parents recently led media on a tour of the Canadian Tire Home of Hockey in Toronto. The event included ways to keep equipment clean, tidy and organized, such as specialized bags equipped with vents and built-in fans to help air out and dry gear.

Nashville Predators equipment manager Pete Rogers said all the items players wear are laundered each day, while equipment is typically disinfected daily. A Sani Sport machine — which he described as a "locker on wheels" — is also used, where equipment is treated with a deodorizing spray prior to running through a 22-minute cycle.

"At the professional hockey level, that equipment is being dried and maintained and cleaned so the smell isn't as bad as it is in, say, a youth hockey team, where some of these kids probably don't unzip their bags until they go to play the next time," said Rogers, president of the Society of Professional Hockey Equipment Managers.

Where trouble really arises with sports teams is when equipment is being thrown onto the floor or items are being jumbled in with someone else's, said Dr. Michael Gardam, infectious disease specialist at the University Health Network in Toronto. "Now, you've got pieces of equipment touching each other or touching the bench or touching the floor, or people handling your equipment, and you can start sharing bacteria between people."

Gardam recommended keeping hands clean by washing with soap and water, and cleaning equipment regularly in order to keep the microbial burden down.

"Just kind of be aware that people are carrying these organisms on their skin," he said. "Some of them are pathogenic, and if they're playing games like hockey, they could have a lot of these organisms on their pieces of equipment. So try to keep your stuff with your stuff."

THE CANADIAN PRESS

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Are there real risks to colouring your hair if you're expecting?

KIM FOSTER
yummymummyclub.ca

Studies show that dying your hair during pregnancy is "unlikely to cause adverse fetal effects." ISTOCK

Is hair dye harmful to your developing baby? There is a lot of rumour, a lot of urban myth and a lot of confusion out there.

First thing to know: There is very limited absorption of the chemicals used in hair dye through your skin. This is true, unless you have burns or open sores on your scalp. Or unless you're eating it.

Motherisk — the gold-standard source for pregnancy-related information — reviewed 25 studies on the subject of hair treatments and pregnancy, and concluded that hair treatments are "unlikely to cause adverse fetal effects."

There are no known or identified risks or birth defects that have been linked to hair chemicals, and "for the average pregnant woman, receiving hair treatments three to four times during pregnancy does not appear to increase risk of adverse effects on the fetus."

There are studies that look at hairdressers themselves: A population that is exposed to hair chemicals on a more or less daily basis.

One such study compared 550 hairdressers to a control group of women never exposed, and they found "no statistically significant differences in fetal loss, preterm birth, small for gestational-age babies, congenital malformations, or achievement of developmental milestones among their children."

All of this is extremely reassuring. Years of experience and observation, coupled with the existing research, tells us that there is no cause for concern.

Bottom line: Colouring your hair when you are pregnant is considered safe.

Of course the thing about research is that there's always new stuff coming to light. Although this is how things look right now, I cannot promise that we will never find any data that contradicts the basic position that colouring your hair is safe.

So what to do?

You have to weigh things for yourself. It's important to feel good about yourself when you're pregnant.

Maybe, for you, that means taking particular care of your appearance and colouring your hair.

Maybe for you that means not having to worry about a potential, unknown risk. It has to be up to you.

*mo*vember

With *mo*ustache month underway, Metro looks at how *mo*vember is raising funds and awareness — and a few *mo*tivational stories to help get your mo going.

Noticing some mo bros and sistas?

GILBERT NDIKUBWAYEZU
life@metronews.ca

In the next few weeks, you may see many men developing their whiskers in an exceptional way.

It's Movember — a combination of moustache and November — a time when men grow a moustache during the whole month of November.

By doing so, you participate in an awareness campaign against males' most pressing health issues, notably prostate cancer.

The worldwide campaign culminates in a multitude of fundraising parties, with proceedings going to programmes dedicated to fighting against prostate cancer and males' mental health.

Participation in Movember requires a guy to register for the campaign, with a completely shaved face starting on November 1.

The ultimate objective is to instill, throughout the month, discussions in all walks of life about the often ignored issues facing males' health.

Since its inception in 2004, Movember activities have spread around the world. Canada joined the movement in 2007 and this year such activities will be held in 21 countries.

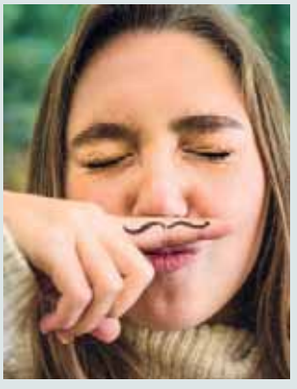
In 2011, as many as 854,000 Canadians participated, raising $125.7 million for the Movember Foundation.

Mo Sistas

So it's Movember, the month to grow moustaches and fight prostate cancer. And you are a female. Doesn't really concern you, does it?

Well, yes actually. There are ways women can also play a role, and a vital one at that, during the Movember campaign.

"Just because you can't grow a moustache doesn't mean you can't have a life-saving conversation, create awareness and contribute to a great cause," said Angela McNally of Toronto, who has been a Mo Sista since 2010 and currently sits on its Toronto committee. "Standing behind this cause shows you are passionate to see a change in men's Health."



Mo Sistas play a crucial role during the campaign by acting as team captains, recruiting others to join, sparking conversations, lending support to Mo Bros who grow moustaches and raising general awareness for the importance of men's health, said Pete Mbombaci, director for Movember Canada.

There we more than 16,000 registered Mo Sistas last year. They have formed regional committees in Toronto, Calgary and Montreal.

GILBERT NDIKUBWAYEZU/FOR METRO

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Mo stories. Double life and getting the itch

Kevin Ken Dwyer

This dude's been doing double duty all month. Let me explain.

I care about men's health and know that most people don't think about health issues or health prevention unless they have to. We all know that.

But with Movember here, I wanted to immerse myself in awareness. So I became a Mo Bro and wore the 'stache. Eventually, it was like having a small terrier on my face...I called him Bernard. I walked proud everyday with Bernard leading the way. I talked to people on the street. I learned the Movember nod and shared it often. I became, "dude," brother," "buddy," "Yo, bro" and more.

The double part is this ... I'm a woman. Nobody knew. The experience of being "Kevin" changed my perspective and enlightened me. It was itchy. I had to clean a lot of hair out of my sink (I get it now) I was proud to be one of the clan, the brotherhood. Thanks for donating to my page. Kevin thanks you. Kelly (that's me) thanks Kevin. And thanks Movember for shedding light where it don't normally shine.

KELLY, A.K.A. KEVIN KEN DWYER, COURTESY MOVEMBER.COM

Mo stories. Las Vegas, Texans and the Bandit

I am a Toronto Mo Bro. I already had a moustache for a few months, but shaved it off just to grow it all back again for Movember.

I was able to use my previous 'stache to go as Burt Reynolds for Halloween this year, which I spent in Las Vegas. I was looking for a moustache-themed costume, and decided to be Mr. Reynolds after watching Smokey and the Bandit for the first time.

I loved it, and the outfit seemed pretty simple to pull off, so I went for it. (Side note: Burt Reynolds was The Bandit in that movie, not Smokey.)

So I came up with a costume I was happy with, cowboy hat and all. I admit it was a pretty subtle outfit. No one really got the reference, and while walking around Vegas I realized I pretty much just blended in with legitimate Texans.

I looked like the real deal, which was fine, and kind of the point. Getting nods and waves from other moustached men in cowboy hats was pretty priceless. If any of them were actually in a costume, I couldn't tell, either.

On Halloween night, while wandering the strip, I came across another Mo Bro with an amazingly well groomed, hugely curled handlebar moustache. It was incredible.

I stopped to compliment the guy on a job well done. He thanked me, then paused briefly, pointed at me and declared... "Burt Reynolds!" He wasn't asking. He knew exactly what I was going for. I was blown away. In fact, I was so impressed we high-fived immediately, and then hugged.

Yes, I hugged a complete stranger in Las Vegas on Halloween because of moustaches.

DOMENIC TETRO, COURTESY MOVEMBER.COM

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There has been a lot of good treatment generated through research, says Dr. Stuart Edmonds at Prostate Cancer Canada. ISTOCK IMAGES

Improved cancer diagnostics and treatment among research projects

Prostate Cancer Canada. 'We want to eradicate prostate cancer. That is the goal.'

GILBERT NDIKUBWAYEZU
life@metronews.ca

An estimated 26,500 Canadian men are diagnosed with prostate cancer in 2012. Of that number, 4,000 will die.

Those are worrisomely staggering numbers. But at Prostate Cancer Canada (PCC), the hopes are still high that this disease, the most common cancer among Canadian men, will eventually be stamped out.

"We want to eradicate prostate cancer," said Dr. Stuart Edmonds, chief scientific officer at PCC. "That is the goal, and I think we are making progress to that goal. So we have to make sure that we are investing in the right projects to be able to do that."

Edmonds said they have been registering great progress in reducing the number of deaths caused by prostate cancer over the years.

PCC is supporting various research projects aiming at getting better diagnostics for prostate cancer and as a result, there is an increase in survivorship, he said.

The other aspect of research, he said, is directed at dealing with the side-effects of treatment to prostate cancer.

These side-effects include erectile dysfunction, loss of fertility and side-effects of chemotherapy.

"It can be very tough for men to experience," he said.

These research programmes are geared at supporting guys who are on their journey to post treatment.

Some of the treatment procedures for prostate cancer can be challenging too, he said, citing surgery as the main treatment.

He said it requires a lot of attention and care to treat prostate alone and actually not damaging another tissue around it.

He added that there has been a lot of good treatment that has been generated through research, seeking to take care of the prostate much more effectively.

That is the case for robotics or image guidance surgeries (using image to detect where the prostate begins and ends) and radiation therapy.

Despite all the progress in research, Edmonds acknowledged that a lot still needs to be done in the fight against prostate cancer.

"I think there is still a lot we need to know; I think we don't know enough about the cause of prostate cancer, and so preventing it is challenging without knowing the cause," he said.

PCC funds research projects from various universities and hospitals across the country.

The selection of research proposals to fund is done through rigorous parity process headed by experts.

"We want to make sure that we fund the best research," he said, adding that the proposals need to be seen as having the potential to make the greatest impact on prostate cancer.

Online

For more information or to make a donation, visit movember.com

Mo stories

Giving back to the community

It had been 12 years since I had not had a full beard and last year I did not participate in November for that reason alone. Concerned that working in a max security correctional centre would likely invite a multitude of unwelcomed criticism and laughter, I wimped out and watched as my co-workers took the proverbial plunge.

Later I heard a lot of comments regarding the fundraiser and decided this year I would participate. As the month drew nearer I thought: What about the 300-plus incarcerated persons residing at my place of employment? There should be a way for them to give back to the community in the form of participation and fundraising. With no computer access, I set up an account and arranged sign-up sheets and incentives for participation. The response was overwhelmingly positive. Over one-third of the population is participating and an astounding 80 per cent from the unit I work in. When I arrived, clean shaven, I was not met with laughter and jokes as I had anticipated but rather cheers and applause. This has been a great morale booster and helped made my place of employment a little safer as there is a sense of commonality with staff and the inmates residing at PGRCC. If you are looking for someone to donate to and feel incarcerated persons giving back to the community is a positive thing, than please donate to our team.

TEAM PGRCC, COURTESY MOVEMBER.COM

Movember expands scope to include mental health issues

Depression. Four out of five suicides among young Canadians are committed by men

GILBERT NDIKUBWAYEZU
life@metronews.ca

Movember campaign funds will also help raise awareness of men's mental health issues. ISTOCK IMAGES

In the spirit of continuing to address crucial issues that affect men's health, Movember has expanded its scope of campaign to include males' mental health.

Mental health problems affect 3.4 million Canadian males each year, said Pete Mbombaci, national director of Movember Canada, as he explained the reasons why the movement decided this year to include mental health in its campaign activities. In other words, one-in-five Canadian men is affected by mental health issues.

This trend raises the rate of suicide among men. Despite the lower cases of depression reported, it has emerged that four out five suicides among young Canadian people are committed by men.

These alarming numbers are what prompted the Movember foundation to include mental health in its awareness campaign this year, Mbombaci said.

"This is an important step in the evolution of Movember as we're able to continue to address critical men's health issues," he said, adding that the goal is to get people to have discussions about it to reduce stigma and discrimination associated with it.

Movember intends to partner with other existing organizations in the mental health field to form an industry think tank that will possibly convene in January to address key areas where funding is needed.

Once decided, mental health organizations across Canada will be able to apply for funding for projects in the given priority areas, Pete added.

At the Canadian Mental Health Association (CMHA), they've welcomed this Movember initiative, in as far as it will help men take recognition of mental health's severity.

"Many men don't believe they are susceptible to depression for example," said Peter Coleridge, national CEO of CMHA. He said that, just like prostate cancer, men's mental health issues are not spoken about among people, yet this is "the second largest threat to men's health after accidents."

"We encourage all Canadians to maintain and improve their mental health, and seek support and help when needed," he said.

Peter said the Movember campaign will help direct males to resources available to them at CMHA and other health organizations across the country.

Mo stories. One mo reason

Chris Carvalho

This Movember I dedicate my Mo to my uncle Joe...

I am a Toronto Mo Bro. Last year I heard about this great idea my friends had all been talking about called Movember.

At first I thought, Hey, what a great excuse to look ridiculous for a month, and grow a sweet nose neighbour to help keep part of my face warm during the cold Canadian winter, and heck, if I can at least raise some awareness for a great cause, then all the better!

By the end of it, my friend and I had raised $110 together.

A modest amount when compared against others, but I was proud of what we had done.

So when Movember had come around this year, I was really looking forward to spreading the goofiness and cheer again before I got some bad news.

It was my uncle, he had developed a very rare type of leukemia called hairy cell leukemia (HCL, basically your red blood cells look like their growing little mo's of their own, only these ones aren't for a great cause).

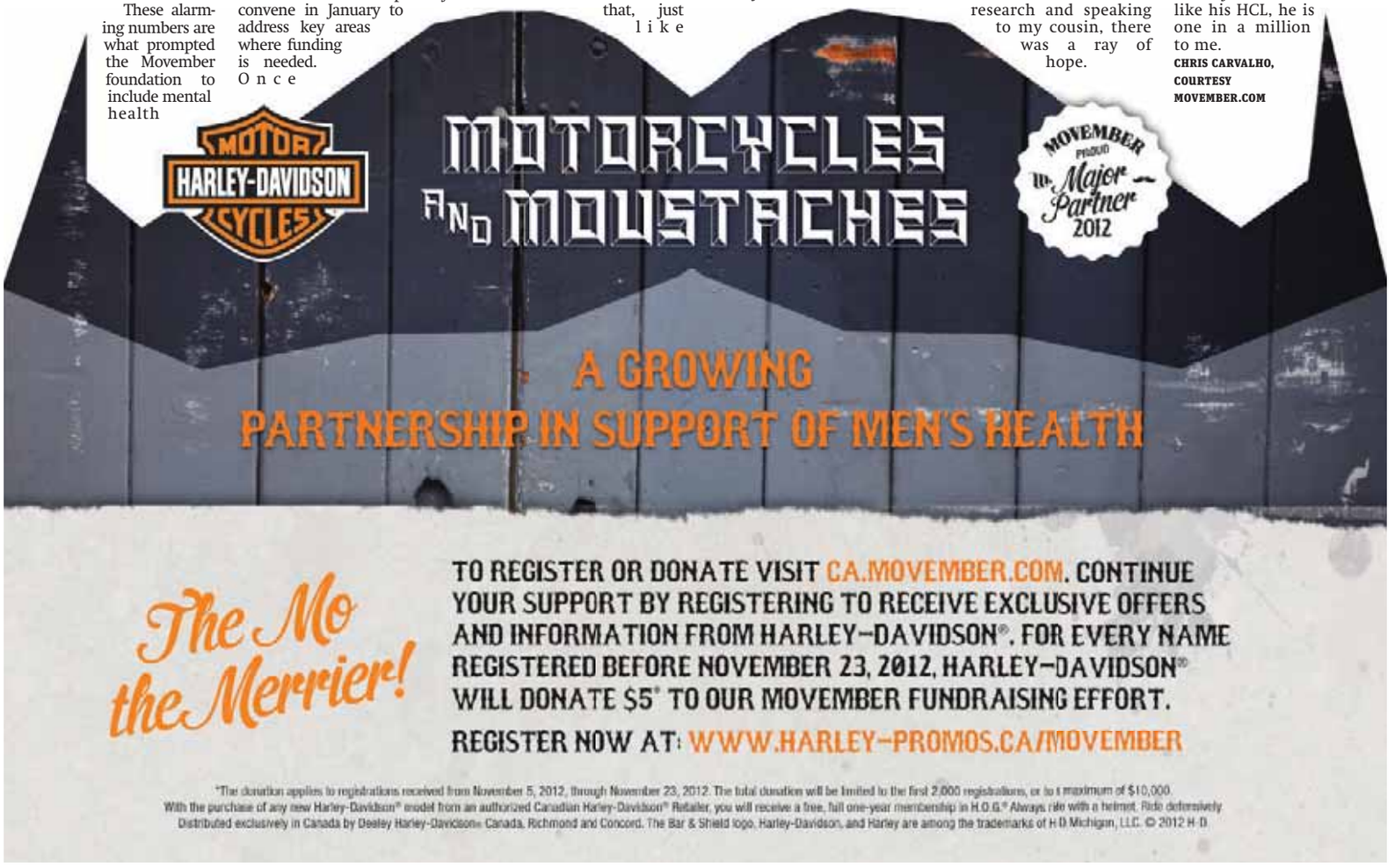
At first I was devastated. I didn't know what to think or do, but then after some research and speaking to my cousin, there was a ray of hope.

With proper treatment and monitoring my uncles' HCL would have a 95 per cent chance of going into remission for up to 10 years! He is expected to live a normal healthy life and live to a normal life expectancy (knock on wood).

I couldn't help but feel that it was because of programs like Movember, and participants like me, that helped fund the research and development of drugs to combat this, and many other forms of cancer, in both men and women!

So this Movember I dedicate my mo to my uncle Joe, because like his HCL, he is one in a million to me.

CHRIS CARVALHO, COURTESY MOVEMBER.COM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French Toast gets a healthy facelift from multi-grain bread

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

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Pancake houses serve delicious French toast, cooked in loads of oil and smothered with butter and maple syrup. Delicious, but it's not healthy or low in fat. My version is delicious and healthy. Using the egg substitute lowers fat, calories and cholesterol.

Ingredients

- 1/2 cup egg substitute or 2 large eggs
- 3 egg whites
- 1/3 cup low-fat milk
- 1 tsp ground cinnamon
- 1 tsp pure vanilla extract
- 4 slices multi-grain bread
- 3 tbsp pure maple syrup
- 1 tbsp sifted icing sugar
- 1/2 cup sliced strawberries

1. Whisk the eggs, milk, cinnamon and vanilla together in a shallow bowl until well blended. Dip a piece of bread into the mixture, making sure both sides are moistened. Do not leave the bread in the mixture for too long or the bread will fall apart. Repeat with another slice of bread.

2. Spray a large non-stick skillet with vegetable oil and place over medium heat. Cook 2 pieces at a time, browning each side, a total of about 5 minutes.

3. Garnish with a sprinkling of icing sugar, a drizzle of maple syrup and sliced strawberries.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional analysis

Per one slice

- **107 calories; 6.3 g protein; 1.3 g fat; 0.4 g saturated fat; 16 g carbohydrates; 3.8 mg cholesterol; 160 mg sodium; 2.4 g fibre**

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Sometimes getting a fresh breakfast on the table without being late for work or school isn't possible. But be careful with the alternatives.

Aunt Jemima Croissant Egg Sandwich

350 calories/ 23 g fat
Egg and cheese are the only safe items in this frozen breakfast. The croissant and sausage contain the majority of calories and fat.

Equivalent

One Aunt Jemima Croissant Egg Sandwich is equal in fat to almost six marshmallow dream bars from Starbucks.

Smart One's English Muffin with Egg, Cheese and Bacon

210 calories/ 6 g fat
Egg whites are used, reducing calories and fat.

Night Before Eggs.

1. In saucepan, melt 15 ml butter. Whisk in flour and salt. Whisk in milk until smooth. Bring to simmer over medium heat, stirring, until slightly thickened. Remove from heat. Add 300 ml of cheese, stirring until melted. Set aside.

2. In frying pan, melt remaining butter. Add mushrooms and onion; sauté until tender.

3. Whisk eggs. Add eggs to mushroom-onion mix. Cook until eggs set but a little wet. Stir cheese sauce into egg mix. Spoon mix into greased 2.5-l casserole. Sprinkle remaining cheese over top. Cover and refrigerate overnight. Next morning, uncover and bake in 180 C (350 F) oven until heated through, 20 mins. THE CANADIAN PRESS/ EGG FARMERS OF ONTARIO

Ingredients

- 45 ml (3 tbsp) butter
- 22 ml (1 1/2 tbsp) all-purpose flour
- 2 ml (1/2 tsp) salt
- 300 ml (1 1/4 cups) milk
- 425 ml (1 3/4 cups) shredded cheddar cheese
- 75 ml (1/3 cup) chopped onion
- 250 ml (1 cup) sliced mushrooms
- 12 eggs

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There's magic in your mistakes

Wilson is chairman of both Canoe Financial and his Prairie Merchant Corporation and is a member of the Order of Canada. HEATHER FRITZ

Telling it like it is.
W. Brett Wilson tackles the tough side of getting to the top

ELIZABETH BEDDALL
life@metronews.ca

Dragons' Den co-star and Risky Business host W. Brett Wilson became one of Canada's top investment bankers, but learned the hard way that financial success and the respect of business peers can come at the price of losing health, family and friends.

In his new book Redefining Success, which is in stores tomorrow, Wilson tells the story of hitting the big-time financially while hitting rock-bottom personally, and what led him to redefine his life.

Metro caught up with Wilson to chat about success, business savvy and what it truly means to be satisfied.

If we're being completely honest, does one's personal life have to suffer at least marginally in order to climb the professional ladder?
Yes, there are sacrifices for sure because we can only do one thing at time and we have competing demands on our time. That simply drives home the relevance of setting priorities to steward ones time with.

What are three key warning signs that you are not balancing work and life properly?
There are many warning signs, but at the personal level when you aren't allocating time to your health, your family and your friends ... quite simply you are not balancing life and work very well.

If I were hoping to get you to invest in my small business idea, what could I tell you that would make you back out immediately?
If you told me the idea was new and you thought it was worth a "flyer" I would question for passion, for the concept and ability and interest in following through — meaning I am gonzo!

What has been the biggest risk you've ever taken in your professional life and did it yield positive or negative results?
The biggest risk I ever took, in the eyes of my family and friends and peers, was starting FirstEnergy — the energy-focused brokerage firm — as the entrepreneur. I was comfortable with the risk (it was my life's focus after all), but there were many doubters. Did it work out? Financially it was a success. Personally, it absorbed every waking hour, to the detriment of key relationships in my life.

Can you recall a moment in your life where you felt like you achieved success wholly and completely?
Success is hard to measure, therefore it's hard to respond to the question.

Have I achieved success? The last line in my book offers: "A successful man is one who has earned the respect and admiration of others." I would add, "especially that of his children." On that basis — I hope I have achieved success. I know my life's work is far from done.

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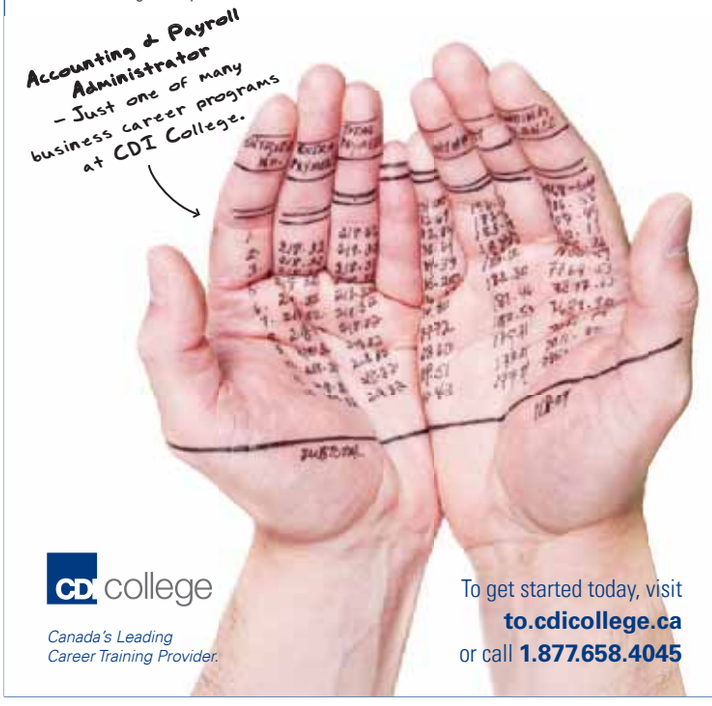

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The In-Credibility Factor

Name: Daniel Torjman City: Toronto Age: 33 Occupation: Designer, founder of clothing and accessory brand 18 Waits

Daniel Torjman. LEETA HARDING

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Torjman was working in the fashion industry in New York when he decided to move back to Canada and strike out on his own. He founded 18 Waits, and now his clothing and accessories are featured in high-end North American stores, like Holt Renfrew, and around the world in China, Japan and the United Arab Emirates.

I knew I was on my way when... we brought our collection to sell at a very well regarded trade show in Paris and New York and it was incredibly well-received. We showed alongside the best brands in the world for buyers who came from all over the world and everyone loved our brand and collection. It was pretty exciting as the people who walk these shows are educated, skilled and acutely aware of what's happening in the fashion world on an international level. And we fit right in.

Action Plan

• Be well organized. It's so easy for things to get out of hand — and quickly — when starting a business. Set up a good system of organization right off the bat so you're off to a good start and not trying to clean up messes down the road.

• Surround yourself with the right people. Don't have an ego about it. Find great people to work with and let them do what they're best at without getting in their way.

• Don't give up. It doesn't matter what industry you're in; starting and running your own business is not easy. But if your goal or dream is to do it then all the work is worth it. Don't get frustrated by small failings or not succeeding as fast as you would have hoped. It takes a few years for a business to really find its legs and start working. Lastly, work your ass off. Because that's what it takes to make it work. If you love what you do — which I do — the work is fun and exciting, as opposed to laborious and boring. Love what you do and then work your ass off doing it.

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BRUCE WALSH
life@metronews.ca

Could you turn your fascination with computers into a full-time career? ISTOCK

Cynthia Baron directs the master of professional studies in digital media program at Northeastern University in Boston, Mass. Like most graduate degrees of this kind, the Northeastern program only emerged in the past few years. She sat down with Metro to discuss this budding field of study.

Digital media studies are relatively new to the landscape of graduate degrees. Why have so many schools developed these programs?

I think it's pretty obvious that it's market-driven in the sense that more and more of our lives are touched by digital technology.

There's a big difference between understanding how to use a piece of software and why you would design it that way. And, when you put different processes together, it becomes very complicated.

There wasn't a place to study this in any one academic discipline.

Schools wanted to look at this phenomenon as a whole, instead of trying to do it piecemeal with added classes here and there in other areas of study.

What's the biggest misconception about graduate-level degrees in digital media?

People say, "Why do you need a degree in digital media? Couldn't I just take courses to learn how to use software?"

You could, but that doesn't make you a digital media professional. That's like me saying I know how to use Microsoft Word, so that makes me a writer.

Are there fellowship opportunities in this field of study?

Fellowships in these areas are hard to come by. Most programs that do provide fellowships or TA positions offer them to a small number of students.

The vast majority of students in digital media fund their education through student loans.

Careers

Where do I go from here?

Cynthia Baron tells us what jobs digital media students wind up in?

"Interactive design, game design, web design, handheld media products, digital video, photography, 3D animation, web-based journalism. But, often, people come to us from specific fields — programming, engineering, art, design, communications, teaching — and they're looking to go back with a new skill set," she says.

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Raptors tee off on T-Wolves for win No. 1

NBA. Small forward Anderson 'played like a man' giving Toronto a catalyst off bench

There may not be a bigger compliment that Dwane Casey can give.

He's a coach who appreciates work ethic above all else, a guy who loves players who compete and do what's asked. So when the conversation turned to Alan Anderson after the Raptors' first win of the season, Casey trotted out a superlative that might mean more than any other he could use.

"He's a man," Casey said of Anderson, who had 18 points off the bench as the Raptors beat the Minnesota Timberwolves 105-86 Sunday night at the Air Canada Centre.

"He played like a man."

Anderson possesses all the attributes Casey holds dear to his heart.

He's not flashy but he's tough.

He's not gifted but he grinds.

He's not selfish but he can make teams pay when they ignore him.

He's a pro who knows how to play.

"We needed him ... we needed all hands on deck and he came up big, hit some big shots and his physicality on the defensive end against (Minnesota's Andrei) Kirilenko and those guys makes a difference," said Casey.

"When guys are struggling, you've got to have guys on the bench ready to come in and Alan came in and gave us a lift."

And with Kyle Lowry and DeMar DeRozan (22 points each) up to their usual hijinks, it was important that someone else carry some of the scoring load for the Raptors.

Enter Anderson, a late-season, 10-day-contract pickup last year after what Casey called a "European tour" of various minor leagues, who won over Casey and GM Bryan Colangelo with his professionalism.

"He's developed his three-point shooting; last year wasn't an aberration, he's a consistent three-point shooter and that gives us another weapon off the bench," the coach said. "Most of all, I love his toughness and that's what we're trying to create one through 15."

The Raptors were far more consistent defensively against the Timberwolves than they were in either of their first two games. They harassed Minnesota into 24 turnovers that resulted in 32 Toronto points.

The Raptors let Minnesota back in the game a bit in the third quarter but they corrected themselves without blowing a lead and coasted home.

"I thought in the first two games that, yeah, we scored a lot of points, but when it was for real, we lost our defensive focus," said Casey.

"I've been preaching it throughout training camp — we really haven't taken that next step where we need to go defensively and I think tonight we did take a little step forward." TORSTAR NEWS SERVICE

Raptors point guard Kyle Lowry, left, battles for a loose ball against Timberwolves centre Nikola Pekovi on Sunday at Air Canada Centre. NATHAN DENETTE/THE CANADIAN PRESS

Sunday's game

Raptors	Timberwolves
105	86

Quoted

"DeMar is playing with a level of confidence that I haven't seen in the two years I've been here and I like it."

Raptors coach Dwane Casey on shooting guard DeMar DeRozan. The backcourt tandem of DeRozan and Kyle Lowry were a combined 16-for-24 from the field and 9-for-10 from the free-throw line on Sunday.

Formula One

Title race open after Raikkonen wins in Abu Dhabi

Kimi Raikkonen won a crash-filled Abu Dhabi Grand Prix on Sunday for his first victory since returning to Formula One this year, a result which throws open the drivers' championship with two races remaining.

Raikkonen, the 2007 champion who drives for Lotus, overtook Red Bull's Mark Webber at the start to move into second. He took the lead on the 20th lap when McLaren's Lewis Hamilton retired because of an electrical problem.

Raikkonen held off Ferrari's Fernando Alonso, who finished second. Two-time defending champion Sebastian Vettel clawed back from last to finish third, his lead over Alonso cut to 10 points. THE ASSOCIATED PRESS

NASCAR

Johnson uses final restart to earn win

Jimmie Johnson regained the lead on the final restart, beating Brad Keselowski in an ending two-lap shootout to win Sunday at Texas and add to his NASCAR Sprint Cup points lead with two races left.

Johnson led 168 laps, but found himself chasing toward the end. The third restart in the late laps proved to be the charm for No. 48 Chevrolet.

THE ASSOCIATED PRESS

Jimmie Johnson fires commemorative pistols after winning Sunday's race in Fort Woth, Texas. GETTY IMAGES

Texans spoil Williams' return to Houston

Texans defensive end J.J. Watt knocks down Bills quarterback Ryan Fitzpatrick on Sunday in Houston. BOB LEVEY/GETTY IMAGES

Mario Williams handled the boos and the Houston blockers with ease.

What really ruffled the Buffalo defensive end was leaving his former home without a win.

Williams had a sack and a team-leading five tackles in his first game at Reliant Stadium since signing a $100 million contract with the Bills in the off-season, but Buffalo's offence couldn't get into the end zone Sunday in a 21-9 loss.

"I think the biggest thing for me is if you go out and make a play and you get booed, I know I'm in your heart," he said. "That's the most important thing. If it had been quiet then I would have felt something different. But I know you're thinking about me."

Houston (7-1) made the then-shocking decision to take Williams with the top overall pick in 2006. He piled up a franchise-record 53 sacks during his time in Houston, but the Texans let him go in the off-season as a restricted free agent.

By the numbers

78

C.J. Spiller and Fred Jackson combined for just 69 yards on 12 carries as the Bills rushed for a season-low 78 yards in Houston.

Arian Foster ran for 111 yards and a TD and Andre Johnson added 118 yards receiving as the Texans used a balanced attack to continue to build on their franchise-best start.

The Bills (3-5) moved the ball effectively at times, but stalled in the red zone.

"The story of the day for us was our inability to score touchdowns," said quarterback Ryan Fitzpatrick, who was 25 of 38 for 239 yards. "To me, that's where our issue was today, not being able to get the seven points. Driving it down the field and doing different things, and not being able to convert."

THE ASSOCIATED PRESS

Golf

Guan ready to take on Masters at 14

Guan Tianlang is an eighth-grader from China who barely weighs 125 pounds and doesn't hit the golf ball far enough to reach some par fours. The next stop for the 14-year-old prodigy will be the Masters, where he will tee it up with Tiger Woods, Phil Mickelson and Bubba Watson at Augusta National.

Guan completed a wire-to-wire victory Sunday in the Asia-Pacific Amateur Championship, making a five-foot par putt on the final hole at Amata Spring Country Club for a one-shot win that earned him an invitation to the Masters.

"I'm really excited about it," Guan said after closing with a 1-under 71. "I will be training maybe a little bit harder and got some more power for that because I'm still growing right now. So it will be great fun."

He is believed to be the youngest male to play in a major championship. Andy Zhang of China was 14 years, six months when he qualified for the U.S. Open last summer. Guan would be about a month younger.

Woods could have seen this coming.

Two years ago, Woods was playing in the HSBC Champions pro-am in Shanghai when Guan was in a group of juniors. Woods was amazed not only at the polished swing of the 12-year-old, but the poise Guan showed at performing in front of more than a thousand people in the gallery, and with Woods, a 14-time major champion.

THE ASSOCIATED PRESS

By the numbers

4

Guan started playing when he was 4, going to the golf course with his parents. He goes to California for about three months during the year, staying with relatives in Los Angeles and San Diego to train.

Guan Tianlang of China poses with the winner's trophy at the Asia-Pacific Amateur Championship in Chonburi, Thailand on Sunday.
PAUL LAKATOS/AAC/THE ASSOCIATED PRESS

Ray, Barnes prepare for familiar playoff foe

CFL. Toronto QB and slotback to face former teammates in playoffs

They made their Toronto debut against the Edmonton Eskimos so it only figures Ricky Ray and Jason Barnes would play their first playoff game with the Argonauts against their former team.

Toronto (9-9) will host Edmonton (7-11) in the East Division semifinal Sunday at Rogers Centre. The Argos earned the right to host the contest by finishing second in the conference, while Edmonton was third in the West but captured the crossover berth after posting a better record than the Hamilton Tiger-Cats and Winnipeg Blue Bombers.

"The way the season has been kind of been coming down you knew that was a high probability of playing them," Ray said following practice Sunday. "I don't play better by playing with a chip on my shoulder so for me I'm preparing like it's another game."

But the irony of the playoff matchup wasn't lost upon Barnes.

"I don't know who wrote that script," he said with a chuckle. "I'm just looking forward to the challenge.

"They got us twice this year and I'm definitely looking for some payback."

Toronto made huge headlines last December after acquiring Ray from Edmonton for journeyman quarterback Stephen Jyles, Canadian kicker Grant Shaw and the second pick of the 2012 CFL Canadian college draft.

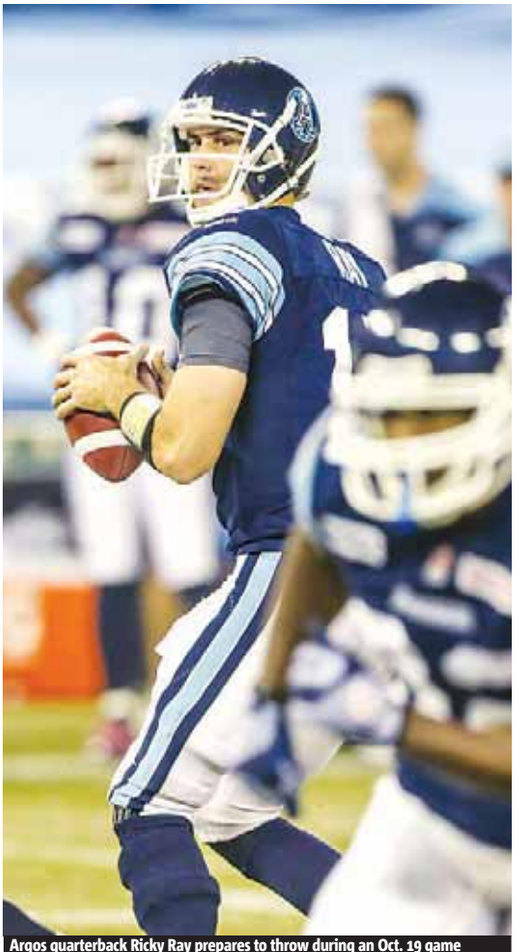
Then in the off-season, Toronto signed Barnes as a free agent. The slotback spent three seasons in Edmonton and was twice released by the club.

Ray struggled early adjusting to head coach Scott Milanovich's offence, but still threw for 4,059 yards this season, the seventh time in his 10-year CFL career he has surpassed the 4,000-yard plateau.

But Edmonton took advantage of Ray's early struggles to sweep the season series with Toronto 2-0. The Eskimos opened the 2012 campaign with a 19-15 home win June 30 before downing the Argos 26-17 at Rogers Centre on Aug. 27.

Ray was a combined 52-of-77 passing against the Eskimos for 549 yards and two TDs, but threw two interceptions in the second defeat. Barnes had six catches for 73 yards in the two games but only two for 14 yards in the second matchup.

THE CANADIAN PRESS



Argos quarterback Ricky Ray prepares to throw during an Oct. 19 game against the Blue Bombers at Rogers Centre. DAVID COOPER/TORSTAR NEWS SERVICE FILE

Quoted

"I saw it coming, I just thought it was weird timing right before the playoffs."

Argos slotback Jason Barnes. On Saturday, the Eskimos fired GM Eric Tillman, who has been under tremendous fire in Alberta for his role in the controversial Ricky Ray trade.

Daly, Fehr 'covered a lot of ground' in weekend talks

The conversation is flowing again between the NHL and NHL Players' Association.

A marathon meeting between deputy commissioner Bill Daly and NHLPA special counsel Steve Fehr stretched from Saturday afternoon into the early hours of Sunday morning, and was followed by some encouraging news: The sides expect to return to the bargaining table again soon.

"We met on and off for most of the day and covered a lot of ground," Daly told The Canadian Press via e-mail. "We plan to meet again early in the week."

Daly and Fehr got together at an undisclosed location in an effort to shield themselves from media and start finding a way forward in negotiations.

By the numbers

2,000+

The 50-day lockout has already seen 326 regular-season games cancelled, pushing the total number lost by the NHL to work stoppages over the last two decades over 2,000.

The session included "good, frank discussion on the most important issues separating us," according to Daly.

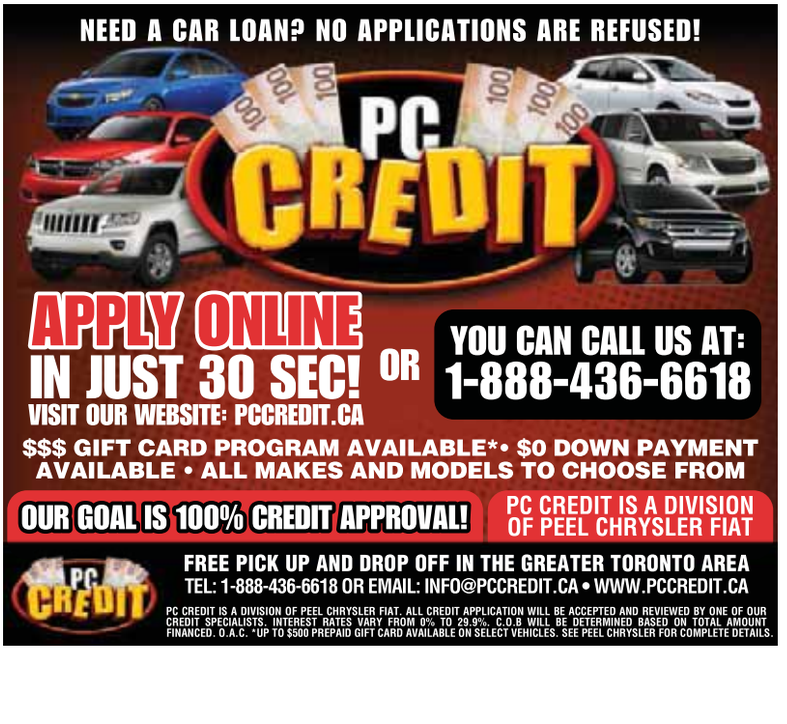
It represented a significant departure in protocol from recent months, when the parties rarely sat down together for more than an hour or two at a time. The meeting was also unique because it included just the No. 2 men from the league and union, perhaps offering a harbinger of better times ahead (Daly and former NHLPA deputy Ted Saskin laid the groundwork for the deal that ended the 2004-05 lockout).

Fehr said in a statement that he agreed with how Daly summed up the session.

"Hopefully we can continue the dialogue, expand the group, and make steady progress," added Fehr.

There had been no signs of progress since the sides last met in mid-October. In fact, the news had all been negative, with a deadline to salvage an 82-game season passing, the NHL calling off all games through Nov. 30 and an announcement Friday that the Jan. 1 Winter Classic at Michigan Stadium was being postponed, likely until next season.

THE CANADIAN PRESS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SOCCER

MLS

PLAYOFFS
Semifinals
(Two-game total goals)
EASTERN CONFERENCE
Houston 2 Kansas City 0
(Houston leads series 1-0)
WESTERN CONFERENCE
San Jose at Los Angeles

ENGLAND

PREMIER LEAGUE

Sunday's results
Queens Park Rangers 1 Reading 1
Liverpool 1 Newcastle 1

FRANCE

LIGUE 1

Sunday's results
Ajaccio 0 Marseille 2
Lyon 5 Bastia 2
Bordeaux 1 Toulouse 0

GERMANY

BUNDESLIGA

Sunday's results
Bayer Leverkusen 3 Fortuna Duesseldorf 2
Werder Bremen 2 Mainz 1

GREECE

Sunday's results
Xanthi 1 Levadiakos 0
Asteras 2 Giannena 0
Panionios 1 PAOK 2
Panathinaikos 1 AEK Athens 0

ITALY

SERIE A

Sunday's results
Pescara 2 Parma 0
Bologna 1 Udinese 1
Catania 4 Lazio 0
Fiorentina 4 Cagliari 1
Napoli 1 Torino 1
Sampdoria 1 Atalanta 2
Siena 1 Genoa 0
Roma 4 Palermo 1

PORTUGAL

Sunday's results
Setubal 2 Sporting Lisbon 1
Academica 0 Estoril 2
Pacos Ferreira 0 Olhanense 0
Moreirense 0 Rio Ave 1
Nacional 2 Beira Mar 4

SPAIN

PRIMERA

Sunday's results
Real Sociedad 0 Espanyol 1
Deportivo La Coruna 1 Mallorca 0
Osasuna 0 Valladolid 1
Granada 1 Athletic Bilbao 2
Sevilla 0 Levante 0

TENNIS

WTA

QATAR AIRWAYS TOURNAMENT OF CHAMPIONS

At Sofia, Bulgaria
Championship
Nadia Petrova (2), Russia, def. Caroline Wozniacki, (1) Denmark, 6-2, 6-1.

ATP

WORLD TOUR BNP PARIBAS MASTERS

At Paris
Singles
Championship
David Ferrer (4), Spain, def. Jerzy Janowicz, Poland, 6-4, 6-3.
Doubles
Championship
Mahesh Bhupathi and Rohan Bopanna (5), India, def. Aisam-Ul-Haq Qureshi, Pakistan, and Jean-Julien Rojer (7), Netherlands, 7-6 (6), 6-3.

GOLF

WORLD GOLF CHAMPIONSIPS

HSBC CHAMPIONS

At Shenzhen, China
Par 72
Final round

Ian Poulter, $1,200,000	69-68-65-65—267
Jason Dufner, $417,500	68-66-71-64—269
Scott Piercy, $417,500	68-68-68-65—269
Ernie Els, $417,500	70-63-69-67—269
Phil Mickelson, $417,500	66-69-66-68—269
Louis Oosthuizen, $190,000	65-63-70-72—270
Lee Westwood, $190,000	70-67-61-72—270
Adam Scott, $155,000	65-68-71-67—271
Martin Kaymer, $140,000	68-69-67-68—272
Bill Haas, $125,000	69-67-66-71—273
Hiroyuki Fujita, $98,000	73-67-67-67—274
Marcel Siem, $98,000	71-70-66-67—274
Thorbjorn Olesen, $98,000	71-65-70-68—274
Prom Meesawat, $98,000	67-70-69-68—274
Brandt Snedeker, $98,000	72-71-60-71—274
Nick Watney, $80,500	72-72-69-62—275
Carl Pettersson, $80,500	70-68-66-71—275
Marc Leishman, $75,000	73-68-65-70—276
Luke Donald, $75,000	68-68-69-71—276
Gaganjeet Bhullar, $75,000	73-68-63-72—276
Thomas Bjorn, $70,000	72-70-68-67—277
Thongchai Jaidee, $70,000	70-68-69-70—277
Keegan Bradley, $67,000	71-68-68-71—278
Wenchong Liang, $62,250	72-73-66-68—279
Scott Hend, $62,250	70-74-67-68—279
Peter Hanson, $62,250	66-71-73-69—279
Justin Rose, $62,250	72-70-67-70—279
John Senden, $57,500	72-70-70-68—280
Bernd Wiesberger, $57,500	72-72-68-68—280
Thomas Aiken, $57,500	68-73-69-70—280
Gonzalo Fdez-Castano, $57,500	71-67-69-73—280
Shane Lowry, $55,000	66-68-72-75—281
Bubba Watson, $54,000	66-72-69-75—282
Tadahiro Takayama, $52,500	73-69-70-71—283
Ik-Jae Jang, $52,500	68-71-72-72—283
Paul Lawrie, $50,000	69-71-72-72—284
Joost Luiten, $50,000	72-72-68-72—284
Ashun Wu, $50,000	68-70-71-75—284
Thaworn Wiratchant, $47,000	72-70-70-73—285
Francesco Molinari, $47,000	74-69-74-68—285
Dustin Johnson, $47,000	67-68-84-66—285
Julien Quesne, $43,500	71-71-71-73—286
Graeme McDowell, $43,500	71-75-68-72—286
Marcus Fraser, $43,500	73-72-70-71—286
Jamie Donaldson, $43,500	71-74-71-70—286
Brendan Jones, $40,000	74-69-70-74—287

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Milwaukee	2	0	1.000	—
d-New York	2	0	1.000	—
d-Orlando	2	0	1.000	—
Brooklyn	1	0	1.000	½
Chicago	2	1	.667	½
Indiana	2	1	.667	½
Miami	2	1	.667	½
Charlotte	1	1	.500	1
Philadelphia	1	1	.500	1
Boston	1	2	.333	1½
Cleveland	1	2	.333	1½
Toronto	1	2	.333	1½
Atlanta	0	1	.000	1½
Detroit	0	2	.000	2
Washington	0	2	.000	2

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	3	0	1.000	—
d-Golden State	2	1	.667	1
d-Portland	2	1	.667	1
L.A. Clippers	2	1	.667	1
Dallas	2	1	.667	1
Houston	2	1	.667	1
New Orleans	2	1	.667	1
Memphis	1	1	.500	1½
Minnesota	1	1	.500	1½
Oklahoma City	1	1	.500	1½
Phoenix	1	2	.333	2
Utah	1	2	.333	2
Denver	0	3	.000	3
L.A. Lakers	0	3	.000	3
Sacramento	0	3	.000	3

d-division leader
Sunday's results
New York 100, Philadelphia 84
Orlando 115, Phoenix 94
Toronto 105, Minnesota 86
Atlanta at Oklahoma City
Detroit at L.A. Lakers
Saturday's results
Indiana 106, Sacramento 98,2OT
Boston 89, Washington 86
Brooklyn 107, Toronto 100
Miami 119, Denver 116
New Orleans 89, Chicago 82
Portland 95, Houston 85, OT
Dallas 126, Charlotte 99
San Antonio 110, Utah 100
Milwaukee 105, Cleveland 102
Golden State 114, L.A. Clippers 110
Monday's games
New York at Philadelphia, 7 p.m.
Minnesota at Brooklyn, 7:30 p.m.
Phoenix at Miami, 7:30 p.m.
Utah at Memphis, 8 p.m.
Portland at Dallas, 8:30 p.m.
Indiana at San Antonio, 8:30 p.m.
Golden State at Sacramento, 10 p.m.
Cleveland at L.A. Clippers, 10:30 p.m.
Tuesday's games
Orlando at Chicago, 8 p.m.
Toronto at Oklahoma City, 8 p.m.
Detroit at Denver, 9 p.m.

RAPTORS 105, T-WOLVES 86

MINNESOTA (86)
Kirilenko 6-7 4-5 17, Williams 3-7 2-4 9, Pekovic 6-11 3-4 15, Ridnour 3-5 2-2 8, Roy 0-3 4-4 4, Shved 2-6 3-4 8, Budinger 3-5 1-2 9, Cunningham 2-7 0-0 4, Barea 3-5 2-2 9, Stiemsma 1-3 0-0 2, Conroy 0-4 0-0 0, Amundson 0-1 1-4 1, Lee 0-0 0-0 0. Totals 29-64 22-31 86.
TORONTO (105)
Fields 2-4 1-1 5, Bargnani 4-16 0-0 10, Valanciunas 2-8 0-0 4, Lowry 8-10 4-4 22, DeRozan 8-14 5-6 22, Ross 1-4 0-0 2, Johnson 3-7 3-4 9, Davis 3-7 0-0 6, Calderon 3-5 0-0 7, Anderson 6-14 2-2 18, Lucas 0-1 0-0 0, McGuire 0-0 0-0 0. Totals 40-90 15-17 105.

Minnesota	24	23	26	13	86
Toronto	25	31	23	26	105

3-Point Goals—Minnesota 6-16 (Budinger 2-3, Williams 1-1, Kirilenko 1-1, Barea 1-3, Shved 1-4, Conroy 0-1, Roy 0-1, Ridnour 0-2), Toronto 10-21 (Anderson 4-8, Lowry 2-3, Bargnani 2-4, Calderon 1-2, DeRozan 1-2, Lucas 0-1, Ross 0-1). Fouled Out—None. Rebounds—Minnesota 49 (Williams 8), Toronto 47 (Lowry, Davis, DeRozan 7). Assists—Minnesota 18 (Ridnour 5), Toronto 18 (Lowry 5). Total Fouls—Minnesota 17, Toronto 24. Technicals—Ridnour, Minnesota defensive three second, Toronto defensive three second. A—16,754 (19,800).

SATURDAY

NETS 107, RAPTORS 100

TORONTO (100)
Fields 1-4 0-0 2, Bargnani 6-12 0-0 13, Valanciunas 1-4 0-0 2, Lowry 9-19 6-7 28, DeRozan 8-13 8-10 25, A.Johnson 5-8 1-2 11, Calderon 1-5 0-0 2, McGuire 0-0 0-0 0, Davis 4-7 3-4 11, Anderson 1-4 0-0 3, Gray 1-2 1-2 3, Lucas 0-4 0-0 0. Totals 37-82 19-25 100.
BROOKLYN (107)
Wallace 4-8 1-2 10, Humphries 1-5 3-4 5, Lopez 8-17 11-15 27, Williams 6-14 6-8 19, J.Johnson 5-13 3-4 14, Watson 6-9 0-0 15, Blatche 3-8 1-2 7, Evans 1-2 0-0 2, Brooks 3-5 2-2 8, Bogans 0-0 0-0 0. Totals 37-81 27-37 107.

Toronto	**35**	**17**	**26**	**22**	**100**
Brooklyn	27	33	24	23	107

3-Point Goals—Toronto 7-18 (Lowry 4-10, Bargnani 1-1, Anderson 1-2, DeRozan 1-2, Lucas 0-1, Calderon 0-2), Brooklyn 6-15 (Watson 3-4, J.Johnson 1-2, Wallace 1-3, Williams 1-5, Blatche 0-1). Fouled Out—None. Rebounds—Toronto 46 (Lowry 8), Brooklyn 59 (Evans 13). Assists—Toronto 23 (Lowry 8), Brooklyn 20 (Williams 9). Total Fouls—Toronto 31, Brooklyn 19. Technicals—Toronto Bench, Brooklyn defensive three second. A—17,732 (18,103).

CFL

WEEK 19

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Montreal	18	11	7	0	478	489	22
x-Toronto	18	9	9	0	445	491	18
Winnipeg	18	6	12	0	376	531	12
Hamilton	18	6	12	0	538	576	12

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-B.C.	18	13	5	0	479	354	26
x-Calgary	18	12	6	0	535	430	24
x-Saskatchewan	18	8	10	0	457	409	16
x-Edmonton	18	7	11	0	422	450	14

x — clinched playoff berth.
y — clinched division.
WEEK 19
Saturday's results
B.C. 17 Saskatchewan 6
Winnipeg 19 Montreal 11
Friday's result
Calgary 30 Edmonton 27
Thursday's result
Toronto 43 Hamilton 40
END OF 2012 CFL REGULAR SEASON

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	5	3	0	.625	262	170
Miami	4	4	0	.500	170	149
N.Y. Jets	3	5	0	.375	168	200
Buffalo	3	5	0	.375	180	248

SOUTH

	W	L	T	Pct	PF	PA
Houston	7	1	0	.875	237	137
Indianapolis	5	3	0	.625	159	191
Tennessee	3	6	0	.333	182	308
Jacksonville	1	7	0	.125	117	219

NORTH

	W	L	T	Pct	PF	PA
Baltimore	6	2	0	.750	199	176
Pittsburgh	5	3	0	.625	191	164
Cincinnati	3	5	0	.375	189	218
Cleveland	2	7	0	.222	169	211

WEST

	W	L	T	Pct	PF	PA
Denver	5	3	0	.625	235	175
San Diego	4	4	0	.500	185	157
Oakland	3	5	0	.375	171	229
Kansas City	1	7	0	.125	133	240

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	3	0	.667	254	185
Philadelphia	3	4	0	.429	120	155
Dallas	3	4	0	.429	137	162
Washington	3	6	0	.333	226	248

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	7	0	0	1.000	201	130
Tampa Bay	4	4	0	.500	226	185
New Orleans	2	5	0	.286	190	216
Carolina	2	6	0	.250	149	180

NORTH

	W	L	T	Pct	PF	PA
Chicago	7	1	0	.875	236	120
Green Bay	6	3	0	.667	239	187
Minnesota	5	4	0	.556	204	197
Detroit	4	4	0	.500	192	188

WEST

	W	L	T	Pct	PF	PA
San Francisco	6	2	0	.750	189	103
Seattle	5	4	0	.556	170	154
Arizona	4	5	0	.444	144	173
St. Louis	3	5	0	.375	137	186

Byes: New England, N.Y. Jets, St. Louis, San Francisco
WEEK NINE
Sunday's results
Green Bay 31 Arizona 17
Chicago 51 Tennessee 20
Houston 21 Buffalo 9
Carolina 21 Washington 13
Detroit 31 Jacksonville 14
Denver 31 Cincinnati 23
Baltimore 25 Cleveland 15
Indianapolis 23 Miami 20
Seattle 30 Minnesota 20
Tampa Bay 42 Oakland 32
Pittsburgh 24 N.Y. Giants 20
Dallas at Atlanta
Thursday's result
San Diego 31 Kansas City 13
Monday's game
Philadelphia at New Orleans, 8:30 p.m.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Manchester	8	5	2	0	1	23	15	11
Worcester	10	4	4	1	1	28	34	10
St. John's	11	5	6	0	0	26	36	10
Portland	8	4	3	1	0	34	29	9
Providence	8	3	5	0	0	18	23	6

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	9	6	1	0	2	33	17	14
Bridgeport	8	5	3	0	0	28	29	10
Connecticut	9	4	4	1	0	31	37	9
Adirondack	9	4	5	0	0	25	30	8
Albany	8	2	5	0	1	15	22	5

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Norfolk	8	6	2	0	0	33	21	12
Syracuse	8	5	1	1	1	29	26	12
Hershey	9	4	4	1	0	28	29	9
Binghamton	9	4	4	1	0	22	30	9
W-B/Scranton	9	4	5	0	0	25	23	8

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Abbotsford	9	6	1	0	2	32	18	14
Lake Erie	11	7	4	0	0	39	30	14
Rochester	10	6	3	1	0	41	35	13
Hamilton	8	4	2	1	1	21	26	10
Toronto	8	3	4	0	1	19	24	7

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Chicago	10	6	3	1	0	28	29	13
Rockford	10	5	4	0	1	31	33	11
Grand Rapids	10	4	4	1	1	34	34	10
Milwaukee	9	4	5	0	0	21	24	8
Peoria	9	2	5	1	1	13	31	6

SOUTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	10	7	2	0	1	40	24	15
Houston	10	5	3	1	1	35	28	12
Okla. City	10	5	4	0	1	31	31	11
San Antonio	9	4	4	0	1	19	22	9
Texas	8	3	5	0	0	17	29	6

Sunday's results
Providence 3 St. John's 0
Charlotte 4 Chicago 1
Wilkes-Barre/Scranton 5 Bridgeport 3
Worcester 1 Manchester 0 (SO)
Grand Rapids 2 Houston 1 (SO)
San Antonio 2 Oklahoma City 0
Springfield 10 Connecticut 2
Saturday's results
Hamilton 4 Rochester 3
St. John's 3 Worcester 2 (OT)
Adirondack 4 Albany 0
Bridgeport 3 Hershey 2
Grand Rapids 4 Texas 1
Houston 4 Oklahoma City 3 (SO)
Milwaukee 3 Peoria 0
Norfolk 4 Binghamton 2
Rockford 6 Lake Erie 3
Monday's games
No Games Scheduled.
Tuesday's games
Chicago at Charlotte, 7 p.m.
Wednesday's games
Norfolk at Bridgeport, 11 a.m.
Milwaukee at Grand Rapids, 11 a.m.
St. John's at Manchester, 7 p.m.
Binghamton at Wilkes-Barre/Scranton, 7:05 p.m.
Syracuse at Hamilton, 7:30 p.m.
Thursday's games
Peoria at Charlotte, 7 p.m.
Toronto at Houston, 8:05 p.m.

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Horoscopes

♈ Aries
March 21 - April 20
Someone will introduce you to a new idea today and while it may be a bit uncomfortable you will benefit intellectually. But don't get too radical in your thinking: the answers you seek are mainly in the middle ground.

♉ Taurus
April 21 - May 21
Unexpected developments will throw up new challenges and opportunities over the next few days. Are you ready for them? Are you willing to adapt? Only those who know how to think and act fast will gain in the long-term.

♊ Gemini
May 22 - June 21
Your ability to visualize what it is you want to accomplish will make things easy for you this coming week. Others may say you are chasing rainbows, and maybe you are, but at least you have a dream of some sort.

♋ Cancer
June 22 - July 23
Although you may want to comfort someone who has a whole load of personal problems don't make it look as if you condone their negative behavior. Overall, they have only themselves to blame. Sad but true.

♌ Leo
July 24 - Aug. 23
If you don't ask you won't get, so speak up and let others know what it is you want from them. Their response may not be entirely positive but it won't be entirely negative either. You'll get something at least.

♍ Virgo
Aug. 24 - Sept. 23
The planets warn there is still a lot of work to be done to get from where you are now to where you most want to be. The good news is you have a clearly defined goal and can start working towards it.

♎ Libra
Sept. 24 - Oct. 23
You won't be short of ideas and you won't be short of opinions. The one thing you may be short of is the ability to see that not everyone thinks the same way as you. What happened to your Libra sense of balance?

♏ Scorpio
Oct. 24 - Nov. 22
Try not to lapse into negative patterns of behavior, especially where money matters are concerned. If you think you are going to lose out in some way your thoughts will create circumstances that are likely to make it happen.

♐ Sagittarius
Nov. 23 - Dec. 21
Some people seem to think that your main task in life is to look after them. It's about time you let them know it isn't true. Cut off assistance today and let them fend for themselves. In the long-term it will do them good.

♑ Capricorn
Dec. 22 - Jan. 20
Differences of opinion on the work front need to be resolved this week. Colleagues and employers are ready to talk business but are reluctant to make the first move. Fortunately you're much braver than they are.

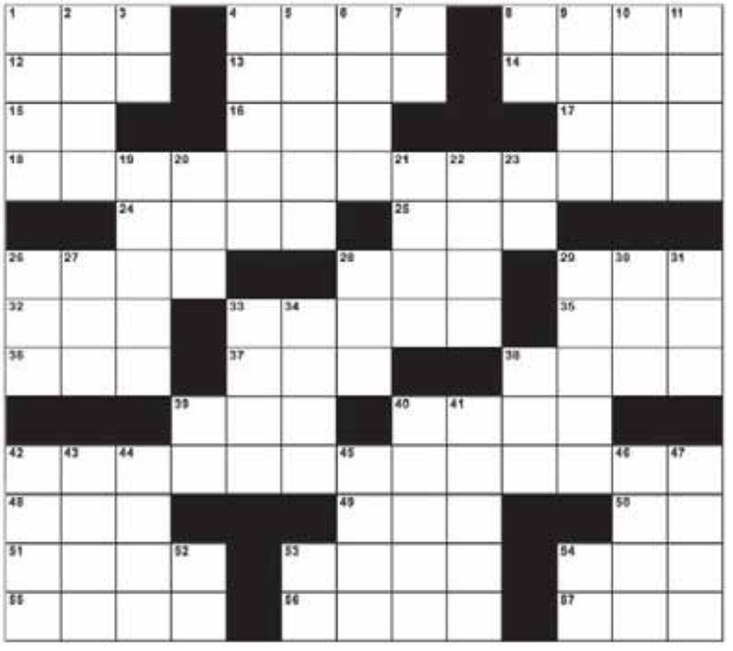
♒ Aquarius
Jan. 21 - Feb. 19
If you can get away at short notice this is a good time to travel, but if you are stuck in one place there are other ways you can make life interesting. Use your imagination. What you think today you'll be doing tomorrow.

♓ Pisces
Feb. 20 - March 20
You seem to believe that someone is plotting against you. Common sense should tell you there is nothing to fear

SALLY BROMPTON

Canadian Crossword

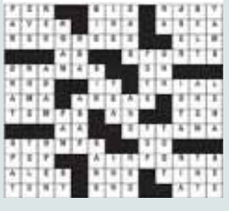
BY BETTY MARTIN



Across
1. Football official
4. Dick and Jane's dog
8. Leave out
12. Appendage
13. Docile
14. Arson
15. Circle ratio
16. Actress Gardner
17. Negative vote
18. Flighty fellows
24. Enemies
25. Chat room access provider
26. Construction area
28. Many thousand (abbr.)
29. Form of address
32. High card
33. Hillock
35. Afternoon social
36. Actor James Van – Beek
37. Three, in Rome
38. Quiet!
39. Possess
40. College official
42. Insatiable Sesame Street character (2 words)
48. Decide on
49. Picnic pest
50. Egyptian Sun God
51. Den
53. Fragrance
54. Brand name for pens
55. As well as
56. Extremely
57. — Haw

Down
1. Knocks sharply
2. Actor McCormack
3. Radio dial
4. Avow
5. Re-tars the road
6. Actor Epps of House, M.D.
7. — Deum
8. "East – Eden"
9. Skirt length
10. Neighbour of Iraq
11. Golf gadgets
19. Comes up next
20. Digit
21. Remove water
22. Dinner accompaniment
23. Actor Pacino
26. Dismal
27. Keeps drinks cold
28. Me, to Miss Piggy
29. Dangerous feat
30. Plural ending
31. Cheer
33. New Zealand fruit
34. Star Trek: Deep Space —
38. This Hour — 22 Minutes
39. Give the go-ahead
40. Blood giver
41. Access
42. Type of pop
43. October birthstone
44. Elevator maker
45. Erected
46. Great lake bordering Lake Ontario
47. The Amazing —
52. Former co-host of The View (init.)
53. Ottawa valley (abbr.)
54. Old time "Road to...." actor (init.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2		4		7		5		6
			4			3	8	1
			9	6				5
7			3		8			9
1				5	2			
8	6	3			4			
4		5		9		1		2

Yesterday's Sudoku

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